

SEPTEMBER 2009

MON	TUE	WED	THU	FRI
	1 Chicken Nuggets-5 ea Ketchup/BBQ Sauce Rice Pilaf-1/2 c Broccoli-1/4 c Pears-1/2 c Bread & Jelly-1 slice Sm Cereal/Super Bun	2 Mini Hot Dog on Bun-2 ea Ketchup/Mustard/Relish Tater Tots- 1/2 c Mixed Vegetables-1/4 c Applesauce-1/2 c Brownie-1 ea Sm Cereal/Waffle Snack	3 Chicken Salad Sandwich-2 oz Pasta-1/2 c Green Beans-1/2 c Mixed Fruit-1/2 c Granola Bar-1 ea Sm Cereal/Pop Tart	4 Sloppy Joes on Bun-1 ea Potato Wedges-1/2 c Ketchup Straw/berries/Cherries-1/2 c Spongecake-1 sq Banana/Uncrustable
7 Labor Day NO SCHOOL	8 Beef Burrito-1 ea Corn-1/2 c Tortilla Chips-1 oz Salsa-1/4 c Fresh Oranges-1/2 ea Elf Grahams-1 pkg Cereal in a Cup	9 Pasta w/ Meat Sauce-1 c Parmesan Cheese Italian Vegetables-1/4 c Pears-1/2 c Garlic Breadstick-1 ea Jumbo Oatmeal Cookie-1 ea Sm Cereal/Scooby Snack	10 Chicken Nuggets-5 ea Ketchup/Honey Mustard Mashed Potatoes-1/2 c Peas-1/4 c Mixed Fruit-1/2 c Bread & Jelly-1 slice Apple/Uncrustable	11 Pepperoni Pizza-1 sl Tossed Salad-1/2 c Assorted FF Dressings Crackers-8 ea Grapes-1/2 c Chocolate Pudding-1/2 c Sm Cereal/Breakfast Bar
14 Hamburger on Bun-1 ea Ketchup/Mustard/Pickles Oven Fries-1/2 c Mixed Vegetables-1/4 c Peaches-1/2 c Cereal in a Cup	15 Chicken Salad Sand-1 ea Tater Tots-1/2 c Peas-1/4 c Fruit Cup-1/2 c Granola Bar-1 ea Apple/String Cheese/Crackers	16 Sloppy Joe on Bun-1 ea Pasta-1/2 c Green Beans-1/2 c Applesauce-1/2 c Dessert-1 ea Sm Cereal/Cinnabon Snack	17 Turkey & Cheese Sandwich-1 ea FF Mayo/Mustard/Pickles Pretzels-1 oz Fresh Veggies w/FF Ranch-1/4 c Orange Wedges-3 ea Brownie-1 ea Banana/PB&J Wafer	18 Burrito-1 ea Tortilla Chips-1 oz Salsa-1/4 c Corn-1/2 c Pineapple Chunks-1/2 c Animal Crackers-1 pkg Sm Cereal/Pop Tart
21 Pork Fritter on Bun-1 ea Ketchup/Mustard/Pickles Pasta-1/2 c Broccoli-1/4 c Applesauce-1/2 c Cereal in a Cup	22 Mini Hot Dog on Bun-2 ea Ketchup/Mustard/Relish Baked Cheetos-1 pkg Peas-1/4 c Peaches-1/2 c P B Pudding-1/2 c Sm Cereal/Waffle Snack	23 Hamburger on Bun-1 ea Ketchup/Mustard/Pickles Oven Fries-1/2 c Pears-1/2 c Animal Crackers-1 pkg Sm Cereal/Super Bun	24 Chicken Salad Sandwich-3 oz Pretzels-1 oz Baby Carrots w/ FF Ranch-1/4 c Fresh Fruit-1/2 c Jumbo Choc Chip Cookie-1 ea Banana/Yogurt/Crackers	25 Sausage Pizza-1 slice Tossed Salad-1/2 c FF Salad Dressing Crackers-8 ea Mixed Fruit-1/2 c Granola Bar-1 ea Sm Cereal/Pop Tart
28 Fish Sticks-5 ea Ketchup/Tartar Sauce Augratin Potatoes-1/2 c Peaches-1/2 c Bread & Jelly-1 slice Elf Grahams- 1 pkg Cereal in a Cup	29 Chicken Nuggets-5 ea Ketchup/BBQ Sauce Rice-1/2 c California Mix Vegetables-1/4 c Pears-1/2 c Bread & Jelly-1 slice Sm Cereal/Goldfish Graham	30 Rotini w/ Meat Sauce-1 c Parmesan Cheese Italian Vegetables-1/4 c Fruit Cocktail-1/2 c Garlic Bread-1 slice Sm Cereal/Snack Bar	1% Chocolate Milk served with lunch on Friday 1% White Milk served with lunch Mon-Thurs.	
			1% White Milk And 100% Fruit Juice or Fresh Fruit Served with breakfast Daily	

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MON	TUE	WED	THU	FRI
	1 Chicken Patty on Bun-1 ea Ketchup/Mayo Rice Pilaf-1/2 c Broccoli-1/2 c Pears-1/2 c Animal Crackers-1 pkg Sm Cereal/Super Bun	2 Mini Hot Dog on Bun-2 ea Ketchup/Mustard/Relish Tater Tots- 1/2 c Mixed Vegetables-1/4 c Applesauce-1/2 c Brownie-1 ea Sm Cereal/Waffle Snack	3 Chicken Salad Sandwich-2 oz Pasta-1/2 c Green Beans-1/2 c Mixed Fruit-1/2 c Granola Bar-1 ea Sm Cereal/Pop Tart	4 Sloppy Joes on Bun-1 ea Potato Wedges-1/2 c Ketchup Straw/berries/Cherries-1/2 c Cake-1 sq Banana/Uncrustable
7 Labor Day NO SCHOOL	8 Beef Burrito-1 ea Corn-1/2 c Tortilla Chips-1 oz Salsa-1/4 c Fresh Fruit-1/2 ea Elf Grahams-1 pkg Cereal in a Cup	9 Pasta w/ Meat Sauce-1 c Parmesan Cheese Italian Vegetables-1/2 c Pears-1/2 c Garlic Breadstick-1 ea Jumbo Oatmeal Cookie-1 ea Sm Cereal/Scooby Snack	10 Chicken Patty on Bun-1 ea Ketchup/Mayo Mashed Potatoes-1/2 c Peas-1/4 c Mixed Fruit-1/2 c Granola Bar-1 ea Apple/Uncrustable	11 Pepperoni Pizza-1 sl Tossed Salad-1/2 c Assorted FF Dressings Club Wheat Crackers-8 ea Fresh Fruit-1/2 c Pudding Cup-1 ea Sm Cereal/Breakfast Bar
14 Hamburger on Bun-1 ea Ketchup/Mustard/Pickles Oven Fries-1/2 c Mixed Vegetables-1/4 c Peaches-1/2 c Cereal in a Cup	15 Chicken Salad Sand-1 ea Tater Tots-1/2 c Peas-1/4 c Fruit Cup-1/2 c Granola Bar-1 ea Apple/String Cheese/Crackers	16 Sloppy Joe on Bun-1 ea Pasta-1/2 c Green Beans-1/2 c Applesauce-1/2 c Dessert-1 ea Sm Cereal/Cinnabon Snack	17 Turkey & Cheese Sandwich-1 ea FF Mayo/Mustard/Pickles Pretzels-1 oz Fresh Veggies w/FF Ranch-1/2 c Orange Wedges-3 ea Brownie-1 ea Banana/PB&J Wafer	18 Burrito-1 ea Tortilla Chips-1 oz Salsa-1/4 c Corn-1/2 c Pineapple Chunks-1/2 c Animal Crackers-1 pkg Sm Cereal/Pop Tart
21 Pork Fritter on Bun-1 ea Ketchup/Mustard/Pickles Pasta-1/2 c Broccoli-1/2 c Applesauce-1/2 c Cinnamon Grahams Crisps Cereal in a Cup	22 Mini Hot Dog on Bun-2 ea Ketchup/Mustard/Relish Baked Cheetos-1 pkg Peas-1/2 c Peaches-1/2 c Pudding Cup-1 ea Sm Cereal/Waffle Snack	23 Hamburger on Bun-1 ea Ketchup/Mustard/Pickles Oven Fries-1/2 c Pears-1/2 c Animal Crackers-1 pkg Sm Cereal/Super Bun	24 Chicken Salad Sandwich-3 oz Pretzels-1 oz Baby Carrots w/ FF Ranch-1/2 c Fresh Fruit-1/2 c Jumbo Choc Chip Cookie-1 ea Banana/Yogurt/Crackers	25 Sausage Pizza-1 slice Tossed Salad-1/2 c Assorted FF Dressings Club Wheat Crackers-8 ea Mixed Fruit-1/2 c Granola Bar-1 ea Sm Cereal/Pop Tart
28 Breaded Fish on Bun-1 ea Ketchup/Tartar Sauce Augratin Potatoes-1/2 c Peaches-1/2 c Elf Grahams- 1 pkg Cereal in a Cup	29 Chicken Patty on Bun-1 ea Ketchup/Mayo Rice-1/2 c California Mix Vegetables-1/2 c Pears-1/2 c Sm Cereal/Goldfish Graham	30 Rotini w/ Meat Sauce-1 c Parmesan Cheese Italian Vegetables-1/2 c Fruit Cocktail-1/2 c Garlic Bread-1 slice Granola Bar-1 ea Sm Cereal/Snack Bar	1% Chocolate Milk served with lunch on Friday 1% White Milk served with lunch Mon-Thurs.	
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