



September Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Salad Bar is available daily for middle school students. Every Friday the salad bar is a taco bar. Milk is included in every meal.</u></p>			1	2	3	4
5	6 Labor Day	7 French Bread Pizza Garden Salad Fresh fruit	8 Sloppy Joe Sandwich Buttered Corn Fresh Fruit	9 Spaghetti w/ meat sauce Garden Salad Garlic Bread Fresh Fruit	10 Bean & Cheese Burrito Rice Fresh Fruit	11
12	13 Turkey Sub veggies and dip fresh fruit	14 Harvest Pasta Garlic Bread Fresh Fruit apple crisp	15 Grilled Cheese w/ Tomato Soup Fresh Fruit	16 Meatloaf Mashed Potatoes Chef Jenna's Cauliflower	17 Caesar Salad w/ Chicken Bread Stick Fresh Fruit	18
19	20 Pizza Panini Garden Salad Fresh Fruit	21 Minestrone Focacia Bread Fresh Fruit Cookie	22 Mac 'n Cheese Steamed Broccoli Fresh fruit	23 Olivia Bell Student Chef for the Day (see details below)	24 Early Dismissal	25
26	27 Ham & Cheddar Melt veggies & dip fresh fruit	28 Baked Ziti w/ three cheeses Garden salad fresh fruit	29 Chicken Noodle Soup Homemade Bread Fresh Fruit	30 Rainbow Beef Stir-fry Rice Fresh Fruit	<p><u>Lunch Prices</u> K-4 \$3.50 5-8 \$4</p>	

Welcome Back!
September Lunch Menu Details
And
Program Information
2010-2011

Lunch prices
K-4 \$3.50
5-8 \$4
Milk only \$.45
Bottled water 8oz. \$.45

Tuesday 9/6 French Bread Pizza Crusty French bread cheese pizza, served with garden salad, fresh fruit and milk.

Wednesday 9/7 Sloppy Joe Sandwich Our healthy rendition of a childhood favorite. Made with ground turkey and our home made version of the familiar tangy sauce. We sneak in a few shredded carrots and serve it on a soft and squishy potato whole wheat roll. Buttered Corn. Fresh fruit and milk.

Thursday 9/9 Spaghetti This classic is a school favorite. We simmer the tomato sauce all day with fresh ground beef and basil from our own garden. Garden salad. Garlic Bread. Fresh fruit and Milk.

Friday 9/10 Bean & Cheese Burrito A flour tortilla filled with seasoned refried beans, Monterey jack and cheddar cheese. Served warm and melty with shredded lettuce and tomato salsa. Rice. Fresh Fruit. Milk

Monday 9/13 Turkey Sub Freshly sliced deli turkey breast, mild provolone cheese, lettuce and tomato on a sub roll. Mixed veggies served with our home made ranch dip. Fresh fruit. Milk

Tuesday 9/14 Harvest Pasta This dish packs a nutrition punch pairing beans and grain for protein. Pasta tossed with roasted veggies and creamy white beans. It's a surprising hit with kids. Garlic bread. Apple Crisp.

Wednesday 9/15 Grilled Cheese with our creamy tomato soup. Fresh fruit. Milk

Thursday 9/16 Meatloaf A school favorite and classic comfort food. Our mashed potatoes are made from scratch and kids love cauliflower when it's tossed with buttery toasted bread crumbs.

Friday 9/17 Caesar Salad with Chicken Crisp romaine lettuce tossed with our own Caesar dressing and topped with tomatoes, home made croutons, chicken and parmesan cheese. Home made bread stick. Fresh fruit. Milk.

Monday 9/20 Pizza Panini Mozzarella and tomato sauce toasted on Italian bread. Garden Salad. Fresh fruit. Milk.

Tuesday 9/21 Minestrone A hearty soup with loads of vegetables, fresh basil, tomatoes, white beans and cheese filled tortellini pasta. Our home made focaccia (olive oil bread) is irresistible! Fresh Fruit. Cookie. Milk.

Wednesday 9/22 Mac 'n Cheese Elbow macaroni swimming in our creamy homemade cheese sauce. Steamed Broccoli. Fresh Fruit. Milk.

Thursday 9/23 Olivia's Lunch! Olivia Bell, winner of the 'Chef for a day' auction package will help prepare her favorite lunch today. BBQ Chicken Drumstick with our home made sweet and tangy sauce. Corn bread with butter. Green beans. Grapes. Vanilla chocolate chip pudding.

Monday 9/27 Ham and Cheddar Melt Fresh sliced deli ham and real cheddar cheese toasted on Italian bread. Fresh veggies with our home made ranch dip. Fresh fruit. Milk

Tuesday 9/28 Baked Ziti Pasta baked with tomato sauce, mozzarella, ricotta, and parmesan cheese. Garden Salad. Fresh fruit. Milk.

Wednesday 9/29 Chicken Noodle Soup Our home made broth with big chunks of chicken, fresh vegetables and egg noodles. Warm home made bread. Fresh fruit. Milk.

Thursday 9/30 Rainbow beef stir-fry thinly sliced beef stir fried with fresh ginger, garlic and a colorful blend of vegetables. Rice. Fresh fruit. Milk.