

September Menu

2010

Monday	Tuesday	Wednesday	Thursday	Friday
6) Labor Day no School	7) Spaghetti & meat balls with salad, fresh fruit & bread	8) Pizza served with pineapple and salad	9) Baked potatoes with toppings bar, served with salad and fresh fruit* gf	10) Parmesan Crusted Tilapia served with rice pilaf, corn and fresh fruit
13) Chicken Quesadilla with black beans, rice and fresh fruit	14) Pasta Marinara, served with salad, fresh fruit, & Italian bread *gluten free available	15) Pizza served with pineapple and salad	16) Grilled Chicken Caesar Salad* gf or Chicken Sandwich served with fresh fruit *please specify	17) Home made Macaroni and Cheese with salad and fresh fruit* stewed tomatoes available as a side
20) Chicken Tenders w/ raw veggies, tater tots and Applesauce	21) Pasta w/ Rosa sauce, salad, Italian bread & fresh fruit* gluten free available	22) Pizza served with pineapple and salad	23) Turkey Burger or BBQ Pork sandwich served with sweet potato fries and fresh fruit *please specify	24) Sweet and Sour Chicken served with rice, stir fry veggies, and fresh fruit* new, gluten free
27) Crispy Chicken sandwich served with Sun Chips, salad and fresh fruit	28) Pasta Alfredo served with broccoli, fresh fruit and Italian bread	29) Pizza served with pineapple and salad	30) Hamburger or Cheeseburger served with Smiley Fries and fresh fruit *please specify if you want cheese	1) *first Friday lunch, must order in advance by 9/30 Chicken Tenders served with tater tots and fresh fruit Salad Bar is \$1.50 extra

Alternate Lunches for September:

Grilled Cheese
Bagel and Cream Cheese

Ham and Cheese Sandwich
Turkey Sandwich

Small fresh fruits...\$.50
(or 1 snack tokens)



Available A la carte:

All of the items listed above...1.50 each
Mixed Greens Salad*.....1.50
Extra of the Main lunch item. . . 1.50
Just the Main Lunch item. 1.50

Pricing: Effective 4/1/2010**

Same Day A la carte 2.00
Main or Alternate Lunch.....3.50
Same Day Order (cash or check)..... 4.00
Charged Same Day Order. 5.00

****First Friday lunch includes a drink. The salad bar will have different greens and a large selection of toppings**

Please note, when you buy a la carte a drink is not included, drinks are only \$.50 each

\$\$\$\$\$\$ Preschool Lunch.....3.00 (only available for preschool)

* Pasta can be ordered with butter only, please specify on order sheet

* Burgers can be ordered with cheese, " " " " "

Order by Wednesday for the next week

What's in that lunch? We used the USDA web site as well as product label information to create this profile. This is based on a single slice pizza lunch with salad & dressing, pineapple, and a 100 cal choc cake.

Pizza Lunch

Calories: 450	Drinks (8 oz) add: 1/2 cup	1% Chocolate milk:
153 calories and an extra 1 cup serving of milk	Vegetable serving:	Fruit serving:
1/2 cup	102 calories and an extra 1 cup serving of milk	100% juice: 133
1% Milk:	Grain serving: 2 1/2oz	Milk serving:
calories (approx.) and an extra 1 cup of fruit	0 calories	
3/4 cup	Fitness water: 12 calories per 8 oz	
oils: 2 tsp		