




# September

2010

## Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 	7 French Toast Sticks Juice Fruit Milk	8 Homemade Sun Butter Muffin Yogurt Juice Fruit Milk	9 Scrambled Eggs Juice Fruit Milk	10 Oatmeal Juice Fruit Milk
13 Homemade Banana Muffin Yogurt Juice Fruit Milk	14 Pancakes Juice Fruit Milk	15 Homemade Apple Muffin Yogurt Juice Fruit Milk	16 Scrambled Eggs Juice Fruit Milk	17 Oatmeal Juice Fruit Milk
20 Homemade Blueberry Muffin Yogurt Juice Fruit Milk	21 French Toast Sticks Juice Fruit Milk	22 Homemade Banana Muffin Yogurt Juice Fruit Milk	23 Scrambled Eggs Juice Fruit Milk	24 Oatmeal Juice Fruit Milk
27 Homemade Sun Butter Muffin Yogurt Juice Fruit Milk	28 Waffles Juice Fruit Milk	29 Homemade Blueberry Muffin Yogurt Juice Fruit Milk	30 Scrambled Eggs Juice Fruit Milk	<u>Milk Choices</u> 2% Low Fat 1% Low Fat Chocolate Skim Soy  Cold Cereal Available at Breakfast



Join us Tuesday,  
September 28th for  
Waffles

It might be the last thing on your morning to-do list all. But a healthy breakfast refuels your body, jump-starts your day and may even benefit your overall health. So don't skip this meal — it may be more important than you think.



The Cafeteria does not serve any pork or peanut butter products

Menus are subject to change without notice



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## Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Beef Bologna &amp; Cheese</i> <i>Chef Salad</i>	<i>Turkey &amp; Cheese Sandwich</i> <i>Chicken Caesar Salad</i>	<i>Veggie Wrap</i> <i>Oriental Chicken Salad</i>	<i>Tuna Sandwich</i> <i>Spinach Salad w/ Turkey</i>	<i>Chicken Salad Sandwich</i> <i>Taco Salad w/ Beef</i>
		1	2	3
6	7 Macaroni & Cheese Stewed Tomatoes Fruit Milk	8 Baked Fish Potatoes Corn Fruit Milk	9 Roasted Turkey Mashed Potatoes Green Beans Fruit Milk	10 <b>Students Choice</b> (Contest once a Month) Chicken & Broccoli  Fruit Milk
13 Cheese Pizza Carrots Fruit Milk	14 Chicken Parmesan Mixed Vegetables Fruit Milk	15 Vegetarian Chili Corn Bread Fruit Milk	16 Sweet & Sour Meatballs Roll Carrots Fruit Milk	17 <b>International Day</b> (Different Country Each Month) Beef Qorma Rice Cauliflower Fruit Milk
20 Vegetarian Nuggets Tator Tots Fruit Milk	21 Salisbury Steak Noodles Green Beans Fruit Milk	22 Baked Chicken Rice Collard Greens Fruit Milk	23 Spinach & Cheese Quiche Roll Fruit Milk	24 Baked Fish Potatoes Broccoli Fruit Milk
27 Cheese Pizza Carrots Fruit Milk	28 Baked Chicken Green Beans Roll Fruit Milk	29 Baked Ziti Green Salad Fruit Milk	30 <b>Chef's Choice</b> Once a Month Based on Inventory	<b>Milk Choices</b> 2% Low Fat 1% Low Fat Chocolate Skim Soy



Join us Tuesday,  
September 14th for  
Chicken Parmesan

Check out our  
Daily Salad &  
Sandwich Specials  
in the Cafeteria



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