

AUGUST SEPTEMBER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Milk offered with every meal! Choices may include: • Skim • 1% White • 1% Chocolate	Whole Grain Sandwiches ★ are available everyday: Mon. - Tuna Tues. - Turkey Wed. - Egg Salad rotates w/ Cold Cheese every week Thurs. - Ham & Cheese ▲ Fri. - Peanut Butter & Jelly	8/25 EARLY RELEASE (K-12) Teriyaki Chicken & Rice ★ or Hot Dog Wrap ★ Fortune Cookie Healthful Choice Bar: • Baked Beans ▲ • Fresh Steamed Broccoli & Carrots • Fresh Tossed Green Salad • Fruit	8/26 Macaroni & Cheese or Bean Burrito Healthful Choice Bar: • Tortilla Chips • Fresh Salad Mix, Carrots, Green Onions, Broccoli, & Kidney Beans • Fruit	8/27 Taco Salad or Chicken Sandwich Healthful Choice Bar: • Golden Corn • Black Beans & Salsa • Lettuce, Tomato, & Pickle • Fruit	8/28
8/29	8/30 Popcorn Chicken & Dinner Roll or Munchable ▲ Healthful Choice Bar: • Oodles of Noodles ★ • Green Beans • Fresh Tossed Green Salad • Fruit	8/31 Build a Burger or Hard Boiled Eggs & Bagel ★ Healthful Choice Bar: • Baked Potato Wedges • Pork & Beans ▲ • Fresh Tossed Green Salad • Lettuce, Tomato, Pickle, & Onion • Fruit	1 Spaghetti & Meat Sauce ★ or Chicken Caesar Wrap Healthful Choice Bar: • Breadstick ★ • Fresh Salad Mix, Yam, Celery, Cucumber, & Peppers • Fruit	2 Mini Pepperoni Pizza ▲ or Fish Sandwich Healthful Choice Bar: • Pasta Salad ★ • Golden Corn • Cherry Tomatoes, Broccoli, & Celery • Fruit	3 Baked Potato & Cheese Sauce or Hot Dog Fresh Baked Cookie ★ Healthful Choice Bar: • Tortillas • Vegetarian Chili Beans • Fresh Salad, Tomatoes, & Peppers • Fruit	4
5	6 LABOR DAY	7 Teriyaki Chicken & Rice ★ or Pasta Alfredo Bake ★ Fortune Cookie Healthful Choice Bar: • Whole Wheat Bread ★ • Fresh Steamed Broccoli & Carrots • Fresh Tossed Green Salad • Fruit	8 Papa Murphy's® Cheese Pizza ★ or Chicken Caesar Salad & Breadstick ★ Healthful Choice Bar: • Fresh Salad Mix, Tomatoes, Jicama, & Garbanzo Beans • Flavored Gelatin • Fruit	9 French Toast Sticks & Scrambled Eggs or Corn Dog Healthful Choice Bar: • Baked Potato Wedges • Baked Beans ▲ • Fresh Salad Mix & Cucumber • Fruit	10 Toasty Cheese Sandwich ★ or BBQ Rib Sandwich ▲ Healthful Choice Bar: • Oodles of Noodles ★ • Fresh Tossed Green Salad • Cherry Tomatoes, Snow Peas, & Jicama • Fruit	11
12	13 Mini Burgers or Ranch Chicken Wrap Healthful Choice Bar: • Parmesan Rice ★ • Cherry Tomatoes, Broccoli, & Celery • Lettuce, Tomato, Pickle, & Onion • Fruit	14 Mini Cheese Pizza ★ or Southwest Chicken Salad Healthful Choice Bar: • Tortilla Chips • Fresh Salad Mix, Yam, Jicama, Zucchini, & Kidney Beans • Fruit	15 Spaghetti & Meat Sauce ★ or Munchable ▲ Healthful Choice Bar: • Breadstick ★ • Fresh Salad Mix, Tomatoes, Carrots, Peas, & Cauliflower • Fruit	16 Macaroni & Cheese or Fish Sandwich Healthful Choice Bar: • Variety Crackers • Baby Carrots, Cucumber, & Cauliflower • Fresh Tossed Green Salad • Fruit	17 Baked Pocket ▲ or Pancakes & Sausage ▲ or Peanut Butter Pudding Healthful Choice Bar: • Fresh Salad Mix, Yam, Celery, Peppers & Cucumber • Fruit	18
19	20 Popcorn Chicken & Biscuit ★ or Chili & Biscuit ★ Healthful Choice Bar: • Cheesy Mashed Potatoes • Fresh Salad Mix, Broccoli, Jicama, & Garbanzo Beans • Fruit	21 Build a Burger or Yogurt Parfait & Graham Crackers Healthful Choice Bar: • Baked Potato Wedges • Green Beans • Lettuce, Tomato, Pickle, & Onion • Fruit	22 Homemade Lasagna or Henny Pennys Healthful Choice Bar: • French Bread • Fresh Salad Mix, Tomatoes, Yam, Zucchini, & Kidney Beans • Fruit	23 Papa Murphy's® Cheese Pizza ★ or BBQ Chicken Sandwich Healthful Choice Bar: • Pasta Salad ★ • Carrot & Celery Sticks • Flavored Gelatin • Fruit	24 Soft Shell Taco or Egg & Cheese Muffin Sandwich Fresh Baked Cookie ★ Healthful Choice Bar: • Brown Rice ★ • Fresh Salad, Black Beans, & Mozzarella Cheese • Fruit	25
26	27 Cheese Quesadilla or Country Chicken Healthful Choice Bar: • Mashed Potatoes & Gravy • Fresh Salad Mix • Broccoli, Beans & Salsa • Fruit	28 Pepperoni Cheese Bread ▲ or Sea Treasures Healthful Choice Bar: • Parmesan Noodles ★ • Cherry Tomatoes, Snow Peas, & Jicama • Fresh Tossed Green Salad • Fruit	29 Teriyaki Chicken & Rice ★ or Hot Dog Wrap ★ Fortune Cookie Healthful Choice Bar: • Baked Beans ▲ • Fresh Steamed Broccoli & Carrots • Fresh Tossed Green Salad • Fruit	30 Macaroni & Cheese or Bean Burrito Healthful Choice Bar: • Tortilla Chips • Fresh Salad Mix, Carrots, Green Onions, Broccoli, & Kidney Beans • Fruit		