

September 2011 Lunch Menu

29. ½ Day No Lunch	30. Box Lunches Ala Cart Beverages	31. Box Lunches Ala Cart Beverages	1. Box Lunches Ala Cart Beverages	2. ½ Day No lunch
5. Labor Day No School Soup: Broccoli Cheese	6. Hot Dogs w/ Bun Baked Fries Veggies & Dip Grapes Brownies	7. Subs (turkey, salami, ham) w/ Toppings Chips Bananas Gogurts	8. Spaghetti w/ meat sauce Garlic Bread Green Beans Peaches Jell-o	9. Soft Shell Tacos Toppings Spanish Rice Corn Salad Mixed Fruit Frozen Fruit Bar
12. Pancakes Sausage links Mixed Fruit Yogurt Cup Soup: Chicken Noodle	13. Hamburgers w/ bun Toppings Tator Tots Veggies & Dip Apple Slices Jell-O	14. Grilled Chicken Roasted Potatoes Tossed Salad Grapes Apple Crisp	15. BLT Wraps (lettuce/tomato) Chips Banana Pudding Cup	16. Chicken & Cheese Quesadillas Toppings Black Bean Salad Mixed Fruit Frozen Fruit Bars
19. Sloppy Joes w/ Bun Baked Fries Veggies & Dip Peaches Brownies Soup: Tomato Bisque	20. Make your own Chef Salad & Soup Various Toppings Crusty Roll Bananas Yogurt Cup	21. Grilled Cheese Tomato Soup Chips Veggies & Dip Grapes Frozen Fruit Bar	22. Pork Chops Mashed Potatoes Green Beans Apple Sauce Pumpkin Dump Cake	23. Baked Ravioli w/ Marinara Garlic Bread Tossed Salad Mixed Fruit Jell-O
26. Breakfast Bake w/ Sausage, Egg & Cheese Hash browns Mixed Fruit Yogurt Cup Soup: Vegetable Beef	27. Subs (turkey, salami, ham) w/ Toppings Chips Bananas Granola Bar	28. Homemade Meatballs W/ Buttered Noodles & Gravy Tossed Salad Apple Slices Homemade Cookie	29. Pizza Bagels w/ Pepperoni Veggies & Dip Grapes Jell-O	30. Grilled Chicken Sandwich w/ Bun Toppings Pasta Salad Mixed Fruit Pudding Cup

In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability.

Eat for Energy is all about eating healthy foods & recognizing that your body performs better with good nutrients. It is Key to continue to replenish those important nutrients throughout the day in order to stay focused, organized and to be successful in everything you do.