

# SEPTEMBER 2010 LUNCH MENU

- Vegetarian Options available when meat is served

- Meals adapted for Toddlers and Preschool 3's



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	<u>OUR DAILY NUTRITIONAL GOALS</u> Bread – 6, Fruit /Veg– 3 Protein – 2, Dairy – 2 (Some days will vary) <u>REQUIREMENT SYMBOLS</u> F –Fruit & Vegetables M – Milk & Cheese P – Protein B – Bread, Rice, Pasta	<u>BREAKFAST</u> Choice of Bagels & Cream Cheese, 2 unsweetened cereals  Children in Preschool 3's through Grade 6 are served 1% milk  Salad Bar available on Mondays through Thursdays for Grades K-6.	1 Graham Crackers w/ Sunbutter (B, P)	2 Kix/Cheerio Cereal Trail Mix w/ Gogurt (B,M)	Ultimate Breakfast Rounds (B)  <b>BROWN BAG DAY PTO Pizza</b>  Nutrigrain Bars (B)
Lunch			Bow Tie Pasta (B), Alfredo Sauce, Peas (F), Pears (F)	Tomato Noodle Soup (F,B), Cheese Slices(P), Fruit (F) Rolls (B)	
PM Snack			Nachos/Crackers with Cheese and Salsa (B,P)	Vegetables/Cucumbers w/ Dip or Hummus (F)	
AM Snack	6  <b>CLOSED in observance of Labor Day</b>	7 Fruit Bowls (F)	8 Applesauce Cups w/ String Cheese (F,B)	9 Soft Baked Fruit Squares (B,F)	10 Cheese Roll Ups (B)
Lunch		Bologna & Cheese or PBJ on Wheat Bread (P,M,B), Fresh Fruit (F) Carrots/Celery/Hummus(F,P)	Tri-colored Rotini (B), Red Sauce (F) Pears (F), Peas(F), Cheese Slice (M)	Turkey Hot Dogs on a Roll (P,B), Ketchup, Cheese Slice (M), Pears (F), Corn (F)	<b>BROWN BAG DAY PTO Pizza</b>
PM Snack		Crackers & Cheese (B,P)	Orange Slices w/ Pretzel Goldfish (F,B)	Celery w/ cream cheese & raisins or Apple Slices (F)	Fruit Bowls (F)
AM Snack	13 Bagels w/ Cream Cheese (B)	14 Soft Baked Fruit Bars (F,B)	15 Corn Bread Squares (B)	16 Graham Crackers w/Sunbutter (B,M)	17 Kix/Cheerio Cereal Trail Mix & Gogurt (B,M)
Lunch		Turkey or PBJ on Wheat Bread (B,P), Cheese Slice (M) Cucumbers (F), Fresh Fruit (F)	Macaroni and Cheese(P,B), Peas (F), Mandarin Oranges (F)	Pizza Sticks (B,P), Dipping Sauce Green Beans (F), Pineapples (F)	<b>BROWN BAG DAY PTO Pizza</b>
PM Snack		Nutrigrain Bars (B)	Celery w/ cream cheese & raisins or Apple Slices (F)	Fruit Cups w/ Graham Crackers (B,F)	Crackers & Cheese (B,P)
AM Snack	20 Nutrigrain Bars (F,B)	21 Fruit Bowls (B)	22 Graham Crackers & Sun Butter (B,P)	23 Cheese Roll Ups (B)	24 Ultimate Breakfast Rounds (B)
Lunch		Tuna Fish or PBJ on Wheat Bread (P,B), Cheese Slice (M), Carrots/Celery Sticks (F), Fresh Fruit (F), Hummus(F)	Tricolor Rotini (B), Alfredo Sauce, Green Beans (F), Mandarin Oranges (F), Cheese Slice (M)	Beef Hot Dog Sliders (B,P), Ketchup, Cheese Slice (M), Corn (F), Mandarin Oranges (F)	<b>BROWN BAG DAY PTO Pizza</b>
PM Snack		Nachos/Crackers with Cheese and Salsa (B,P) B)	Orange Slices w/ Pretzel Goldfish (F)	Vegetables/Cucumbers w/ Dip or Hummus (F) (F)	Applesauce Cups and String Cheese(F,P)
AM Snack	27 Bagels w/Cream Cheese (B)	28 Fruit Squares (B,F)	29 Corn Bread Squares (B)	30 Nutrigrain Bars (B)	
Lunch		Chicken Salad or PBJ on Wheat Bread (P,B), Pickles (F), Cukes (F), Fruit (F), Cheese Slice (P)	Ziti Pasta (B), Red Sauce (F), Carrots (F), Fruit Cocktail (F), Cheese Slice (P)	Tomato Noodle Soup (F,B), Fresh Vegetable (F), Fresh Fruit (F), Rolls (B)	
PM Snack		Pretzel Rods/Crackers w/ Sunbutter (B)	Fruit Bowls (B)	Nachos/Crackers with Cheese and Salsa (B,P)	

