




September 2009 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Tacos Lettuce/Tomato cup Seasoned Corn Cinnamon Stick Corndog or Hotdog w/wo chili	2 Meatballs in Red Gravy w Spaghetti Crisp Caesar Salad Chilled Pears w Cherry Italian Bread Chicken Strip Basket	3 Fried Chicken Mashed Potatoes w Gravy Buttered Carrots Garlic Roll Chocolate Cake Two-fer	4 No School 
7 No School Labor Day 	8 Mexican Pizza Buttered Corn Chilled Peaches Cinnamon Roll Ham & Cheese Poboy	9 Spaghetti w Meatsauce Italian Green Beans Chilled Mixed Fruit Garlic Roll Popcorn Chicken Basket	10 Turkey w Gravy and Rice Glazed Carrots Crisp Green Salad French Bread Yellow Cake Hamburger w/wo Cheese	11 Shrimp Poppers Macaroni and Cheese Peas Tropical Fruit Roll
14 Chicken Teriyaki Fried Rice Steamed Vegetable Blend Chilled Pineapple Eggroll Fortune Cookie Hamburger w/wo cheese	15 Beef Tacos Lettuce/Tomato cup Seasoned Corn Cinnamon Stick Chicken Strip Basket	16 Chicken Parmesan Italian Salad Chilled Pears or Fresh Fruit Italian Bread Grilled Ham w Cheese	17 BBQ Chicken Buckaroo Baked Beans Rodeo Potatoes in Cheese Sauce High-Falutin French Bread Jackeroo Jell-O Corndog	18 Fish Strips Macaroni and Cheese Garden salad Mixed Fruit Wheat Roll Pizza 
21 Shepherd's Pie Sweet Peas Southern Butter Wheat Roll Brownie Ham & Cheese Po Boy	22 Chicken Taco Lettuce Tomato Cup Seasoned Corn Cinnamon Roll Hamburger w/wo Cheese	23 Meatballs in Red Gravy w Spaghetti Ceasar Salad Applesauce Garlic French Bread Popcorn Chicken Basket	24 Chicken Strips Cheesy Spinach Parslied Potatoes Seeded Bread Sugar Cookie Corndog	25 Hot Dog on Bun w/wo Chili Corn Fruit Cookie
28 Red/White Beans w Fluffy Rice Garden Salad Chilled Pears Cornbread or Roll Hamburger w/wo cheese	29 Beef Tacos Lettuce/Tomato cup Seasoned Corn Cinnamon Stick Chicken Strip Basket	30 Spaghetti w Meatsauce Cauliflower Chilled Tropical Fruit Garlic Roll BIRTHDAY LUNCH Hotdog w/wo chili	<p>School lunches must meet recommendations of the Dietary Guideline for Americans. *No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly. *Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.</p>	

Check Out Our Website At: www.schoolcafe.org

Note: Menus are subject to change without notice.