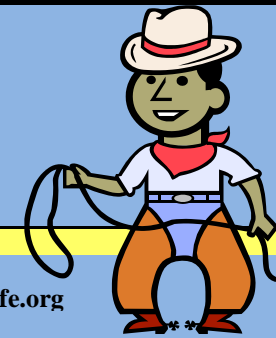


September 2010 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
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.		1 Pizza Crisp Green Salad Chilled Pears Oatmeal Cookie	2 Chicken Nuggets Potato Rounds Apple Wedges Wheat Roll	3 Chicken Teriyaki & Fried Rice Steamed Vegetable Blend Chilled Mandarin Oranges Southern Butter Wheat Roll Fortune Cookie
		Mini Corndogs	Fish Patty on Bun	Deli Turkey on Sliced Bread
6 Labor Day Holiday No School	7 Crispy Pork Taco Mozzarella & American Cheese Shredded Lettuce and Tomato Chilled Mixed Fruit Cinnamon Stick Two-fer on Bun	8 Hamburger on Bun w/wo Cheese Lettuce, Tomato, and Pickle Fries Cookie	9 BBQ Chicken Chicken Strips (Younger Children) Toni's Rice-a-Roni Seasoned Baked Beans Crisp Caesar Salad Cheese Bread Hot Dog on Bun w/wo Chili	10 Breaded Pork Chop Potatoes in Cheese Sauce Chilled Applesauce Garlic French Bread Pudding with Sprinkles Chicken Nugget Basket
13 Breaded Chicken Patty on Bun w/wo American Cheese Slice Lettuce, Tomato, and Pickle Baked Potato Rounds Rice Krispie Treat Deli Turkey on Sliced Bread	14 Beef and Bean Burrito w/wo Cheese Sauce Chicken Strips (Younger) Crisp Tossed Salad Chilled Strawberries Jell-O BBQ Pulled Pork on Bun	15 Spaghetti & Meatballs Italian Red Gravy Crisp Garden Salad Chilled Pears Cheese Bread	16 Chicken & Sausage Gumbo Fluffy Rice Potato Salad Apple Wedges, French Bread Fudge Brownie	17 Crispy Fish Strips Macaroni & Cheese Green Beans Pineapple w Cherries Wheat Roll
		Shrimp Popper Basket	Hamburger on Bun	Chicken Smacker Basket w/ Roll
20 Red/White Beans & Sausage Fluffy Rice Steamed Broccoli Chilled Applesauce Cornbread*	21 Mexican Pizza Seasoned Corn Tossed Salad Cinnamon Roll	22 Hamburger on Bun w/wo Cheese w/wo American Cheese Slice Lettuce, Tomato, and Pickle Baked Potato Smiles Iced Yellow Cake	23 Chicken Noodle Soup Grilled Cheese Sandwich Garden Salad Chilled Strawberries	24 New Orleans Chicken Fluffy Rice Steamed Cauliflower Chilled Mandarin Oranges Sesame Seeded Bread Sugar Cookie
Smuckers 4.8oz PB&J Sandwich	Hot Dog on Bun w/wo Chili	Chicken Strip Basket with Roll	Two-fer on Bun	Fish Patty on Bun
27 Crispy Chicken Smackers Cheesy Mashed Potatoes Seasoned Green Peas Wheat Roll Chocolate Pudding w/ Sprinkles	28 Crispy Pork Taco Mozzarella & American Cheese Shredded Lettuce and Tomato Seasoned Corn Cinnamon Stick	29 Spaghetti & Meatballs Italian Red Gravy Crisp Caesar Salad Fresh Apple Wedges Italian Bread*	30 Mini Corn Dogs Green Salad Baked Crinkle Fries Chocolate Chip Cookie	
Hamburger on Bun w/wo Cheese	Pizza	Deli Turkey on Sliced Bread	Grilled Cheese Sandwich	



Check Out Our Website At: www.schoolcafe.org

Note: Menus are subject to change without notice.

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal. Sandwiches are served with 2 fruit/vegetables and milk. Choice of milk is offered daily. Breakfast also offers cereal.