

September 2011 Lunch Menu USD #287

Mon

Tue

Wed

Thu

Fri



**5 NO SCHOOL
Labor Day**

	<p><i>All menus served with choice of milk: 1%, chocolate or strawberry. Our homemade bread is whole wheat. "C" denotes vitamin C content "A" denotes vitamin A content "WG" denotes whole grain We try to offer 4 choices of vegetables/ fruits daily, and some type of fresh produce daily.</i></p>	<p><i>1</i> Whole Grain Corn Dog (WG) Green Pepper Strips (C) Fresh Baby Carrots (A) Applesauce Mandarin Oranges (A/C) Royal Brownie</p>	<p><i>2</i> Soft Taco Lettuce & Tomato (C) Refried Beans Black Bean & Corn Salsa w/Tortilla Chips (WG) Fresh Nectarine (A)</p>
<p><i>6</i> BBQ Beef on a Bun (WG) Sweet Potato Fries (A&C) Baked Beans Tossed Salad & Dressing (A&C) Orange Wedges (C)</p>	<p><i>7</i> Cheese Pizza Green Beans Fresh Carrots (A) Pineapple (C) Garlic Breadsticks (WG) Marinara (C)</p>	<p><i>8</i> Chicken Fajita Mexican Rice Tortilla Chips (WG) & Salsa (C) Broccoli, Cauliflower & Dip (A&C) Peaches (A) Pears</p>	<p><i>9 Grandparents Day</i> Salisbury Steak Mashed Potatoes & Gravy Garden Spinach Salad (A&C) Grapes Apricots (A) Hot Roll (WG) & Jelly Pumpkin Cake (A)</p>
<p><i>12</i> Chicken Teriyaki Chicken Flavored Rice Green Beans Cucumber Slices & Dip Mandarin Oranges (A&C) Fruit Choice Oatmeal Muffin Squares (WG)</p>	<p><i>13</i> Chili Frito Pie (WG) (C) Cheese Stick Corn Mixed Fruit (A&C) Apple Wedges</p>	<p><i>14 Early Dismissal 12:30 -</i> Ham and Cheese Sandwich Carrot Sticks (A) Cherry Tomatoes (C) Clementine Orange (C) Granola Round (WG)</p>	<p><i>15</i> Country Style Beef Pattie Mashed Potatoes & Gravy California Blend Vegetables (A&C) Banana (C) Cinnamon Apples Hot Roll (WG) & Jelly</p>
<p><i>19</i> Beef & Noodles Mashed Potatoes Corn Carrot Sticks (A) Melon (A&C) Hot Roll (WG) & Jelly</p>	<p><i>20</i> Hot Chicken Sandwiches made w/ <u>Whole Grain</u> Bun Tossed Salad w/dressing (A&C) Green Beans Pineapple (C) Apricots (A)</p>	<p><i>21</i> Pepperoni Pizza (WG) Garlic Breadsticks w/ Marinara Sauce (C) Peas (A&C) Celery Sticks Orange Wedges (C)</p>	<p><i>22</i> Beef & Bean Burrito w/Cheese Lettuce & Tomato (C) (WG) Tortilla Chips & Salsa Mandarin Oranges (A&C) Apple</p>
<p><i>26</i> Quesadillas Tortilla Chips (WG) & Salsa Tossed Salad (A&C) Refried Beans Kiwi (C) Peaches (A)</p>	<p><i>27</i> Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli (A&C) Strawberries (C) Rosey Applesauce Hot Roll (WG) & Jelly</p>	<p><i>28</i> Chili (WG) Corn Chips Celery & Carrots (A) Corn Orange Wedges (C) <u>Whole Wheat</u> Cinnamon Roll</p>	<p><i>29 Breakfast for Lunch</i> Sausage, Biscuits & Gravy Hash Browns Sliced Cukes & Dip Fruit Salad (A&C) Asst Fruit Juice (A&C)</p>
			<p><i>30 WFHS/WFMS Fall Cookout</i> Cheeseburger on a <u>Bun</u> (WG) Lettuce & Tomato (C) Sun Chips Baked Beans Baby Carrots (A) Banana (C) Chocolate Chip Cookie</p>