

SEMPTEMBER 2010

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| | | 1 CLOSED | 2 CLOSED | 3 CLOSED |
| 6 CLOSED LABOR DAY | 7 <u><i>Make Your Own Salad</i></u> ½ c Spaghetti & Meat sauce 1 Slice French Bread ¼ C Tossed Salad lettuce, cuke, tomato, carrot ¼ C Apple ¾ c Milk | 8 CN 3 Fish Sticks w/ Ketchup 1 ½ oz meat, ½ slice Bread 1 Whole Wheat Roll ¼ C Squash Medley ¼ c Honeydew ¾ c Milk | 9 Sloppy Joe ¼ c Rice ¼ c Broccoli ½ Banana ¾ c Milk | 10 Chicken Catalina/ 2.5oz Leg Whole Wheat Roll ¼ C Irish Potatoes ¼ c Pear ¾ c Milk |
| 13 ½ c Cheese Stuffed Shells 1 Slice French Bread ¼ c Peas ¼ c Fresh Fruit ¾ c Milk | 14 <u><i>Make Your Own Wrap</i></u> ½ Whole Wheat Tortilla 1 oz Turkey ½ oz Cheese ¼ c shredded lettuce Ranch dressing ¼ c Peach ¾ c Milk | 15 CN 4 Chicken Nuggets w Ketchup 2 oz Chicken, ½ slice bread 1 Whole Grain Roll ¼ c Field Green Salad w dressing ½ Apple ¾ c Milk | 16 Macaroni and Cheese 5/8 c Rice ¼ c Sweet Potato ½ Banana ¾ c Milk | 17 Cheeseburger on a bun ¼ C Toss Salad ¼ c Cantaloupe ¾ c Milk |
| 20 4 Meatballs 1 Tbsp Cheese Hot Dog Roll ¼ c Peas ¼ c Cantaloupe ¾ c Milk | 21 Turkey Taco ¼ c Turkey, 2 Tbsp Cheese, 1 Tortilla ¼ c Salsa ¼ c Shredded lettuce ¼ c Fresh Fruit, ¾ c Milk | 22 2 oz Broiled Haddock 1 oz Biscuit Roll ¼ C Fresh Fruit ¼ c Cinnamon Carrots ¾ c Milk | 23 2 oz Hamburger on a bun ¼ c Tossed Salad 2 Orange Wedges ¾ c Milk | 24 Oven Fried Chicken Leg 1 Corn muffin ¼ c Green Beans ½ Banana ¾ c Milk |
| 27 ½ c Meat Lasagna 3/8 c Cheese & ¼ C Noodles 1 Slice French Bread ¼ C Green Beans ¼ c Fresh Fruit, ¾ c Milk | 28 <u><i>Make Your Own Taco</i></u> Beef Taco ¼ c Ground Beef, 1 Tbsp Cheese, 1 Tortilla, ¼ c Shredded Lettuce ¼ c Cantaloupe ¾ c Milk | 29 Turkey Sub 1 whole wheat hot dog roll, 1 oz Turkey, ½ oz cheese, lettuce ¼ c Potato Salad ¼ c Fresh Fruit, ¾ c Milk | 30 3/8 c Swedish Meatballs ¼ c Rice ¼ c Broccoli Medley ¼ c Mandarin Oranges ¾ c Milk | |