

AUGUST / SEPTEMBER MENU 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGES
<p>24 BREAKFAST Pop Tarts or Cold Cereal Breakfast Crackers Fruit Juice Choice of Milk</p> <p style="text-align: center;">LUNCH</p> <p>Taco Salad or Corn Dog Fruit Snacks <u>Healthy Choices</u> Applesauce Yellow Sweet Corn Fresh Oranges Wedges Choice of Milk</p> <p>2 Hour Early Release</p>	<p>25 BREAKFAST Egg & Cheese on Whole Grain Bun or Cold Cereal Banana Muffin Top Assorted Fruit Choice of Milk</p> <p style="text-align: center;">LUNCH</p> <p>Cheesy Dippers or Crispito™ Chicken Rice <u>Healthy Choices</u> Tossed Salad Ranch dressing Fresh Baby Carrot Sliced Peaches Choice of Milk</p>	<p>26 BREAKFAST Sausage & Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Apple Wedges Choice of Milk</p> <p style="text-align: center;">LUNCH</p> <p>Hot Dog or Cheeseburger Baked Crinkle Fries <u>Healthy Choices</u> Tossed Salad Green Beans Mandarin Oranges Choice of Milk</p>	<p>27 BREAKFAST Yogurt or Cold Cereal Toasted Peanut Butter Bun Fresh Orange Smiles Choice of Milk</p> <p style="text-align: center;">LUNCH</p> <p>Pizza Slice or Toasted Cheese Sandwich Pudding Cup <u>Healthy Choices</u> Tossed Salad Ranch Dressing Pineapple Tidbits Fresh Broccoli & Cauliflower Choice of Milk</p>	<p>28 BREAKFAST Ham & Cheese on Whole Grain Bun or Cold Cereal Hashbrown Tots Fruit Juice Choice of Milk</p> <p style="text-align: center;">LUNCH</p> <p>Popcorn Chicken or Burrito Macaroni and Cheese <u>Healthy Choices</u> Sliced Peas Peas Fruit Cocktail Fresh Apple Slices Choice of Milk</p>	<p style="text-align: center;">WEEK 1: 24-28 BREAKFAST</p> <p>CALORIES 623 CARBOHYDRATES 62.54% PROTEIN 12.87% TOTAL FAT 25.30% SATURATED FAT 9.10% CALCIUM (mg) 443.9 IRON (mg) 3.86 VIT C (mg) 64.54 VIT A (RE) 211</p> <p style="text-align: center;">LUNCH</p> <p>CALORIES 663 CARBOHYDRATES 61.92% PROTEIN 15.54% TOTAL FAT 23.24% SATURATED FAT 9.88% CALCIUM (mg) 576.2 IRON (mg) 3.82 VIT C (mg) 28.36 VIT A (RE) 365</p>
<p>31 BREAKFAST Pop Tarts or Cold Cereal Breakfast Crackers Fruit Juice Choice of Milk</p> <p style="text-align: center;">LUNCH</p> <p>Galaxy or Cheeseburger Baked Crinkle Fries <u>Healthy Choices</u> Green beans Applesauce Fresh Oranges Choice of Milk</p>	<p>1 BREAKFAST Egg & Cheese on Whole Grain Bun or Cold Cereal Applesauce Muffin Top Assorted Fruit Choice of Milk</p> <p style="text-align: center;">LUNCH</p> <p>Crispito™ or Mini Corn Dogs Mashed Potatoes / Gravy <u>Healthy Choice</u> Green Salad Ranch Dressing Fruit Cocktail Sliced Peaches Choice of Milk</p>	<p>2 BREAKFAST Sausage & Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Apple Wedges Choice of Milk</p> <p style="text-align: center;">LUNCH</p> <p>Soft Taco or Chicken Nuggets Peanut Butter Candy <u>Healthy Choices</u> Shredded Lettuce Yellow Sweet Corn Sliced Peas Choice of Milk</p>	<p>3 BREAKFAST Combo Bar or Cold Cereal Toasted Cinnamon Butter Bun Fresh Orange Smiles Choice of Milk</p> <p style="text-align: center;">LUNCH</p> <p>Pizza Slice or Toasted Cheese Sandwich Fruit and Grain Bar <u>Healthy Choice</u> Tossed Salad Ranch Dressing Green Beans Mandarin Oranges Choice of Milk</p>	<p>4 BREAKFAST Ham & Cheese on Whole Grain Bun or Cold Cereal Hashbrown Tots Fruit Juice Choice of Milk</p> <p style="text-align: center;">LUNCH</p> <p>Chef Boy Ar Dee Ravioli or Chicken Strips Candy Chip Cookie <u>Healthy Choice</u> Pineapple Tidbits Fresh Apple Hot Mixed Vegetables Cheese Sauce Choice of Milk</p>	<p style="text-align: center;">WEEK 2: 31-4 BREAKFAST</p> <p>CALORIES 623 CARBOHYDRATES 62.54% PROTEIN 12.87% TOTAL FAT 25.30% SATURATED FAT 9.10% CALCIUM (mg) 443.9 IRON (mg) 3.86 VIT C (mg) 64.54 VIT A (RE) 211</p> <p style="text-align: center;">LUNCH</p> <p>CALORIES 717 CARBOHYDRATES 60.67% PROTEIN 15.08% TOTAL FAT 24.57% SATURATED FAT 9.19% CALCIUM (mg) 544.00 IRON (mg) 4.29 VIT C (mg) 24.14 VIT A (RE) 341</p>
<p>7</p> <p style="text-align: center; font-size: 1.2em;">NO SCHOOL LABOR DAY</p>	<p>8 BREAKFAST Egg & Cheese on Whole Grain Bun or Cold Cereal Banana Muffin Top Assorted Fruit Choice of Milk</p> <p style="text-align: center;">LUNCH</p> <p>Nachos or Chicken Burger Fruit Snacks <u>Healthy Choices</u> Tossed Salad Ranch dressing Fresh Baby Carrot Sliced Peaches Choice of Milk</p>	<p>9 BREAKFAST Sausage & Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Apple Wedges Choice of Milk</p> <p style="text-align: center;">LUNCH</p> <p>Grilled Chicken Wrap or Burrito Baked Chips <u>Healthy Choices</u> Shredded Lettuce Chicken Rice Mandarin Oranges Choice of Milk</p>	<p>10 BREAKFAST Yogurt or Cold Cereal Toasted Peanut Butter Bun Fresh Orange Smiles Choice of Milk</p> <p style="text-align: center;">LUNCH</p> <p>Pizza Slice or Toasted Cheese Sandwich Jello Cup <u>Healthy Choices</u> Tossed Salad Ranch Dressing Pineapple Tidbits Fresh Broccoli & Cauliflower Choice of Milk</p>	<p>11 BREAKFAST Ham & Cheese on Whole Grain Bun or Cold Cereal Hashbrown Tots Fruit Juice Choice of Milk</p> <p style="text-align: center;">LUNCH</p> <p>Spaghetti Sauce with Noodles or Teriyaki Beef Bites Sugar Cookie <u>Healthy Choices</u> Peas Fruit Cocktail Fresh Apple Slices Choice of Milk</p>	<p style="text-align: center;">WEEK 3: 7-11 BREAKFAST</p> <p>CALORIES 623 CARBOHYDRATES 62.54% PROTEIN 12.87% TOTAL FAT 25.30% SATURATED FAT 9.10% CALCIUM (mg) 443.9 IRON (mg) 3.86 VIT C (mg) 64.54 VIT A (RE) 211</p> <p style="text-align: center;">LUNCH</p> <p>CALORIES 751 CARBOHYDRATES 62.70% PROTEIN 15.63% TOTAL FAT 21.20% SATURATED FAT 7.64% CALCIUM (mg) 539.1 IRON (mg) 4.97 VIT C (mg) 38.43 VIT A (RE) 412</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
<p>14 BREAKFAST Pop Tarts or Cold Cereal Breakfast Crackers Fruit Juice Choice of Milk LUNCH Corn Dog or Chicken Nuggets Macaroni and Cheese <u>Healthy Choices</u> Fresh Baby Carrots Sliced Pears Applesauce Choice of Milk</p> <p>1 HOUR EARLY RELEASE</p>	<p>15 BREAKFAST Egg & Cheese on Whole Grain Bun or Cold Cereal Applesauce Muffin Top Assorted Fruit Choice of Milk LUNCH Chicken Alfredo or Pizza Stick Bread Stick <u>Healthy Choices</u> Green Salad Ranch Dressing Fruit Cocktail Sliced Peaches Choice of Milk</p>	<p>16 BREAKFAST Sausage & Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Apple Wedges Choice of Milk LUNCH Soft Taco or Chicken Burger Fruit and Grain Bar <u>Healthy Choices</u> Shredded Lettuce Yellow Sweet Corn Fresh Orange Wedges Choice of Milk</p>	<p>17 BREAKFAST Combo Bar or Cold Cereal Toasted Cinnamon Butter Bun Fresh Orange Smiles Choice of Milk LUNCH Pizza Slice or Toasted Cheese Sandwich Animal Crackers <u>Healthy Choices</u> Tossed Salad Ranch Dressing Green Beans Mandarin Oranges Choice of Milk</p>	<p>18 BREAKFAST Ham & Cheese on Whole Grain Bun or Cold Cereal Hashbrown Tots Fruit Juice Choice of Milk LUNCH Chicken Strips or Teriyaki Beef Bites Mashed Potatoes / Gravy <u>Healthy Choices</u> Fresh Veggies Fresh Apple Slices Pineapple Tidbits Choice of Milk</p>	<p>WEEK 4: 14-18 BREAKFAST</p> <p>CALORIES 623 CARBOHYDRATES 62.54% PROTEIN 12.87% TOTAL FAT 25.30% SATURATED FAT 9.10% CALCIUM (mg) 443.9 IRON (mg) 3.86 VIT C (mg) 64.54 VIT A (RE) 211</p> <p>LUNCH</p> <p>CALORIES 714 CARBOHYDRATES 63.24% PROTEIN 15.46% TOTAL FAT 21.15% SATURATED FAT 7.37% CALCIUM (mg) 538.6 IRON (mg) 4.45 VIT C (mg) 28.51 VIT A (RE) 211</p>
<p>21 BREAKFAST Pop Tarts or Cold Cereal Breakfast Crackers Fruit Juice Choice of Milk LUNCH Taco Salad or Corn Dog Fruit Snacks <u>Healthy Choices</u> Applesauce Yellow Sweet Corn Fresh Orange Wedges Choice of Milk</p>	<p>22 BREAKFAST Egg & Cheese on Whole Grain Bun or Cold Cereal Banana Muffin Top Assorted Fruit Choice of Milk LUNCH Cheesy Dippers or Crispito™ Chicken Rice <u>Healthy Choices</u> Tossed Salad Ranch Dressing Fresh Baby Carrots Sliced Peaches</p>	<p>23 BREAKFAST Sausage & Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Apple Wedges Choice of Milk LUNCH Hot Dog or Cheeseburger Baked Fries <u>Healthy Choices</u> Salad Lettuce Green Beans Mandarin Oranges Choice of Milk</p>	<p>24 BREAKFAST Yogurt or Cold Cereal Toasted Peanut Butter Bun Fresh Orange Smiles Choice of Milk LUNCH Pizza Slice or Toasted Cheese Sandwich Pudding Cup <u>Healthy Choices</u> Tossed Salad Ranch Dressing Pineapple Tidbits Fresh Broccoli & Cauliflower</p>	<p>25 BREAKFAST Ham & Cheese on Whole Grain Bun or Cold Cereal Hashbrown Tots Fruit Juice Choice of Milk LUNCH Popcorn Chicken or Burrito Macaroni and Cheese <u>Healthy Choices</u> Sliced Pears Peas Fruit Cocktail</p>	<p>WEEK 5: 21-30 BREAKFAST</p> <p>CALORIES 623 CARBOHYDRATES 62.54% PROTEIN 12.87% TOTAL FAT 25.30% SATURATED FAT 9.10% CALCIUM (mg) 443.9 IRON (mg) 3.86 VIT C (mg) 64.54 VIT A (RE) 211</p> <p>LUNCH</p> <p>CALORIES 717 CARBOHYDRATES 62.36% PROTEIN 14.24% TOTAL FAT 23.05% SATURATED FAT 8.53% CALCIUM (mg) 493.1 IRON (mg) 4.20 VIT C (mg) 37.26</p>
<p>28 BREAKFAST Pop Tarts or Cold Cereal Breakfast Crackers Fruit Juice Choice of Milk LUNCH Galaxy Pizza or Cheeseburger Baked Fries <u>Healthy Choices</u> Green Beans Applesauce Fresh Oranges Choice of Milk</p>	<p>29 BREAKFAST Egg & Cheese on Whole Grain Bun or Cold Cereal Applesauce Muffin Top Assorted Fruit Choice of Milk LUNCH Crispito™ or Mini Corn Dogs Mashed Potatoes / Gravy <u>Healthy Choices</u> Green Salad Ranch Dressing Fruit Cocktail</p>	<p>30 BREAKFAST Sausage & Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Apple Wedges Choice of Milk LUNCH Soft Taco or Chicken Nuggets Peanut Butter Candy <u>Healthy Choices</u> Shredded Lettuce Yellow Sweet Corn Sliced Pears</p>			