



September 2010 Lunch Menu High School-Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Student Meal \$2.00 Reduced Meal \$.25 Adult Meal \$3.00 + tax	Welcome Back Sign up today for your My Nutri Kids.com Account			
6 NO SCHOOL Labor Day	7 Spaghetti & Meatballs Beef Meatballs served over Spaghetti and Marinara Sauce OR Turkey Sandwich Sliced Deli Turkey with Lettuce on Whole Wheat Bread Potato Rounds Mixed Fruit Milk	8 Grilled Ham & Cheese OR American Hero Turkey, Salami and American Cheese on a Whole Wheat Roll Side Salad Fresh Fruit Milk	9 NO SCHOOL Rosh Hashanah	10 NO SCHOOL Rosh Hashanah
13 Chicken Patty Baked Chicken Patty On a Whole Wheat Bun Lettuce Tomato OR Salami & Provolone Wrap Green Beans Pears Milk	14 Hamburger Caprice Beef Hamburger topped with Mozzarella and Sliced Tomato OR Turkey & Cheese Sandwich On Whole Wheat Lettuce, Tomato Applesauce Milk	15 Meatball Parmesan Beef Meatballs served in a Whole Wheat Roll topped with Marinara Sauce & Cheese OR Ham & Provolone Wrap Bean Salad Peaches Milk	16 Super Nachos Turkey Taco Meat served over Corn Tortilla Chips with Salsa and Cheese OR Yogurt Parfait Low-fat Yogurt topped with Blueberries Baked Beans Petite Banana Milk	17 Pizza Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese OR Salami & American Wrap served with Tossed Salad Mixed Fruit Milk
20 Baked Chicken Nuggets Whole Grain battered Chicken Nuggets OR Chicken Caesar Salad Diced Chicken served over Romaine Lettuce with Croutons Sweet Peas Pears Milk	21 Brunch for Lunch French Toast Sticks With Ham Apple Juice OR Italian Hero Turkey Ham, Salami, & Mozzarella Cheese Lettuce, Tomato Orange Milk	22 Hot Dog Bar Turkey or Beef Hot Dog served on a Whole Wheat Roll OR Chicken Salad Served over Salad Greens Corn Salad Peaches Milk	23 Chicken Parmesan Baked Chicken Patty topped with Marina Sauce & Mozzarella Cheese on a bun OR Ham & Swiss Sandwich Tomato Wedges Fresh Apples Milk	24 Pizza Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese OR Tuna fish on a Whole Wheat Bun served with a Side Salad Applesauce Milk
27 Spicy Chicken Patty Baked Chicken Patty On a Bun BBQ Sauce OR Stacked Turkey Wrap Sliced Turkey with Lettuce Tomato Baked Beans Mixed Fruit Cup Milk	28 Beef A Roni Elbow Macaroni tossed with Meat Sauce and topped with American Cheese OR Turkey Bologna Hero Served on a Whole Wheat Roll Carrots Yellow Apple Milk	29 Chicken & Rice Chicken with Peppers, Carrots & Cauliflower tossed with a Teriyaki reduction served over Brown Rice OR Italian Hero Ham, Salami, Provolone Cheese on a Whole Wheat Roll Pears Milk	30 Twin Tacos Turkey Taco Meat served with Four or Corn Tortillas OR Turkey Ham & Cheese Sandwich Served on a Whole Wheat roll Cucumber Rounds Fresh Plum Milk	<div style="border: 2px solid black; padding: 10px;"> <p>Reminder: Please have your Free & Reduced Meal Applications Submitted by October 1.</p> </div>