



October 2009

Elementary Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>EAT RIGHT PLAY HARD National School Lunch Week Oct 12th-16th</p>			<p>1 <u>WAFFLES</u> Chkn Fried Stk w/ Roll Hot Dog Baby Carrots w/ Ranch Mashed Potatoes/gravy Fresh Fruit Salad</p>	<p>2  No School</p>	<p>LOOK At This INFO... Breakfast Includes: Choice of Entrée, Fruit or Juice and Milk Mon/Wed/Fri Toast & Jelly Tue & Thu Potato Lunch Includes: Choice of Entrée, Vegetable, Fruit, and Milk Bonus Items Mon - Thu Garden Salad with Dressing Friday Pudding, Jell-O or Cookie Fresh Fruit Everyday!!!</p>
<p>5 <u>HAM EGG CHZ BISCUIT</u> Waffles & Sausage Hamburger Potato Triangles Peas Peaches Salad</p>	<p>6 <u>BREAKFAST STICK</u> Chicken Fajita Mozz Chz Sandwich Spanish Rice Celery w/ PB Fresh Fruit Salad</p>	<p>7 <u>CINNAMON ROLLS</u> Curly Spaghetti w/Tx Tst Corn Dog Green Beans Corn Applesauce w/Jell-o Salad</p>	<p>8 <u>PANCAKES</u> Chicken Nuggets w/ Roll Sub Sandwich Baby Carrots w/ Ranch Mashed Potatoes w Gravy Fresh Fruit Salad</p>	<p>9 <u>BISCUIT & GRAVY</u> Cheese Pizza Turkey & Cheese Melt Baked Beans Salad w Dressing Pears Cookie</p>	
<p>12 <u>CAND BACON BISC</u> <i>Taurasi's Teriyaki</i> Cheeseburger Corn Peas Peaches Salad</p>	<p>13 <u>BRK BURRITO</u> <i>Dwight's Quesadilla</i> Chicken Sandwich Refried Beans w/ Chz Celery Sticks w/ PB Fresh Fruit Salad</p>	<p>14 <u>CINNAMON ROLLS</u> <i>Vince's Veggies</i> BBQ Rib Sandwich Green Beans Broccoli w/ Chz Pineapple Salad</p>	<p>15 <u>WAFFLES</u> <i>Nash's Noodles</i> Ham & Chz Sub Garlic Mashed Potatoes Baby Carrots w/ Ranch Fresh Fruit Salad</p>	<p>16 <u>BISCUIT & GRAVY</u> <i>CP's Pizza</i> Hot Dog Baked Beans Salad w Dressing Applesauce Pudding</p>	
<p>19 <u>BRK PIZZA</u> Shrimp Poppers w/ Garlic Noodles Hot Dog Spinach Green Beans Spiced Apples Salad</p>	<p>20 <u>BISCUIT & GRAVY</u> Hard Shell Beef Taco Chicken Sandwich Spanish Rice Celery Sticks w/ PB Mandarin Oranges Salad</p>	<p>21 <u>CINNAMON ROLL</u> Lasagna W/Tx Toast Cheeseburger Broccoli w/cheese Corn Pears Salad</p>	<p>22 <u>PANCAKES</u> Chicken Nugg w/ Roll Chili Chz Corn Dog Baby Carrots w/ Ranch Chz Mashed Potatoes Fresh Fruit Salad</p>	<p>23 <u>BISCUIT & GRAVY</u> Pepperoni Pizza Salisbury Steak Peas Salad w Dressing Peaches Jell-o</p>	
<p>26 <u>OATMEAL & RAISINS</u> Chili Frito Pie Chicken Sandwich Mixed Vegetables Spinach Applesauce w/ Jell-o Salad</p>	<p>27 <u>BRK BURRITO</u> Soft Shell Beef Tacos BBQ Pork Riblet Sand Refried Beans w/ Chz Celery Sticks w/ PB Fresh Fruit Salad</p>	<p>28 <u>CINNAMON ROLLS</u> Spaghetti & Meatballs w/ Texas Toast Chicken Sandwich Green Beans Spinach Pears</p>	<p>29 <u>PANCAKES</u> Turkey & Cheese Melt Hot Dog Baked Beans Baby Carrots w/ Ranch Fresh Fruit Salad</p>	<p>30 <u>BISCUIT & GRAVY</u> Cheese Pizza Dinosaurs w/ Tx Tst Peas & Carrots Salad w Dressing Peaches Cookie</p>	

Mission: "To provide nutritious meals which meet the needs of students' academic and physical well-being."

Taurasi's Teriyaki- Head Coach Diana Taurasi Beef and vegetable rice bowl
Dwight's Quesadilla - Head Coach Dwight Howard veggie quesadilla
Vince's Veggies - Head Coach Vince Carter Chef Salad with Turkey
Nash's Noodles - Head Coach Steve Nash Chicken Parmesan
CP's Pizza - Head Coach Chris Paul Pepperoni Pizza

Menus are subject to change without notice.

