

## Intermediate Regular Lunch September / 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1  PORK CHOP RANCH POTATOES FRESH COLLARDS FRESH CARROTS PEACHES Cornbread, WW Brownie, Whole Grain JUICE MILK	2  Spaghetti WW /Meat Sauce Romaine Caesar Salad GREEN BEANS BREAD STICKS PEARS Chocolate Pudding JUICE MILK	3  Pizza, Pepperoni Italiana WW Pasta Sweet Potato Sticks APPLE Cookie, M&M JUICE MILK
6	7  BBQ CHICKEN Macaroni and Cheese CABBAGE Steamed, Fresh RICE, Brown Apples, Sliced Rolls, WW (2.1 oz) JUICE MILK	8  SLOPPY JOE/WW Romaine Caesar Salad Glaze Carrots/Fresh LIMA BEANS PINEAPPLE VANILLA PUDDING JUICE MILK	9  LASAGNA GREEN BEANS CORN, WK GRAPES Rolls, WW (2.1 oz) YOGURT JUICE MILK	10  Chicken Sandwich/WW Bun LETTUCE & TOMATO CONDIMENTS CABBAGE Steamed, Fresh PINTO BEANS MANDARIN ORANGES CHOCOLATE CAKE JUICE MILK
13  Vegetable Beef Soup CHEESE Sandwich, WW ORANGES CINDERELLA CAKE JUICE MILK	14  Red Beans/Sausage RICE, Brown Romaine Salad PINEAPPLE Chocolate Pudding JUICE MILK	15  CHICKEN NUGGETS Sweet /Sour Sauce KETCHUP FRESH COLLARDS PEACHES Rolls, WW (2.1 oz) JUICE MILK	16  CHILI FRESH CARROTS GRAPES CHEESE TOAST, WW CRACKERS JUICE MILK	17  Pizza, Sausage Italiana WW Pasta GREEN BEANS Sweet Potato Sticks APPLE Brownie, Whole Grain JUICE MILK
20  BURRITTO /WW SPANISH Brown RICE CORN ON THE COB CABBAGE Steamed, Fresh Kiwi/Strawberries JUICE MILK	21  CHICKEN POT PIE BLACKEYE PEAS BROCCOLI/CHEESE PEACHES Rolls, WW (2.1 oz) JUICE MILK	22  Grilled Chicken/WW Bun CONDIMENTS LETTUCE & TOMATO RICE A RONI Spinach Salad, fresh APPLE JUICE MILK	23  HAMBURGER STEAK MASHED POTATOES FRESH COLLARDS Romaine Caesar Salad PEARS Rolls, WW (2.1 oz) JUICE MILK	24  BBQ Pork/WW BUN FRENCH FRIES FRESH CARROTS GREEN BEANS GRAPES SUGAR COOKIE JUICE MILK
27  SLOPPY JOE/WW OVEN FRIES PEAS AND CARROTS APPLE JUICE MILK	28  OVEN FRIED CHICKEN RICE, Brown CABBAGE Steamed, Fresh PEARS Rolls, WW (2.1 oz) JUICE MILK	29  P/B/J/WW BREAD POPCORN VEGETABLE DIPPERS RANCH DIP PINEAPPLE JUICE MILK	30  CHICKEN NUGGETS New Red Potatoes PINTO BEANS Carrots, Fresh, Steamed MANDARIN ORANGES JUICE MILK	

## Intermediate Bar Lunch September / 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Taco Bar w/Chips SOUR CREAM TACO SAUCE LETTUCE/TOMATO PASTA SALAD WW PEACHES JUICE MILK	2 Romaine Salad w/ Turkey(2oz) Salad Additions, Fresh SALAD DRESSING Carrots, Fresh, Steamed GRAPES Rolls, WW (2.1 oz) Chocolate Pudding JUICE MILK	3 Ham/Cheese Potato Potato Condiments Spinach Salad, fresh APPLE Rolls, WW (2.1 oz) Cookie, M&M JUICE MILK
6	7 Chick Salad/WW Wrap LETTUCE & TOMATO String Cheese BROCCOLI SALAD, fresh Strawberries Chocolate Chip Cookie JUICE MILK	8 Taco Bar w/Chips SOUR CREAM TACO SAUCE LETTUCE/TOMATO REFRIED BEANS CORN, WK PINEAPPLE VANILLA PUDDING JUICE MILK	9 Romaine Salad w/ Turkey(2oz) Salad Additions, Fresh SALAD DRESSING GRAPES Rolls, WW (2.1 oz) YOGURT JUICE MILK	10 Chili/Cheese Potato Potato Condiments MANDARIN ORANGES Rolls, WW (2.1 oz) CHOCOLATE CAKE, small JUICE MILK
13 Club Wrap/ WW RANCH DIP Romaine Caesar Salad PINEAPPLE Chocolate Pudding JUICE MILK	14 Ham & Cheese/WW CONDIMENTS LETTUCE & TOMATO Sun Chips, Original Broccoli, fresh steamed ORANGES CINDERELLA CAKE JUICE MILK	15 Taco Bar w/Chips SOUR CREAM TACO SAUCE LETTUCE/TOMATO CORN, WK PEACHES JUICE MILK	16 Romaine Salad w/ Chicken, 2 oz. Salad Additions, Fresh SALAD DRESSING FRESH CARROTS GRAPES Rolls, WW (2.1 oz) JUICE MILK	17 Ham/Cheese Potato Potato Condiments PINTO BEANS Spinach Salad, fresh APPLE Brownie, Whole Grain JUICE MILK
20 Romaine Salad w/ Chicken, 2 oz. Interm. Bar Extras SALAD DRESSING Rolls, WW (2.1 oz) Kiwi/Strawberries JUICE MILK	21 ChickTender WW Wrap BROCCOLI/CHEESE PEACHES POPCORN JUICE MILK	22 Taco Bar w/Chips SOUR CREAM TACO SAUCE LETTUCE/TOMATO CORN, WK APPLE JUICE MILK	23 Romaine Salad w/ Turkey(2oz) Salad Additions, Fresh SALAD DRESSING FRESH COLLARDS PEARS Rolls, WW (2.1 oz) JUICE MILK	24 Chili/Cheese Potato Potato Condiments CELERY STICKS GRAPES Rolls, WW (2.1 oz) SUGAR COOKIES JUICE MILK
27 Romaine Salad w/ Chicken, 2 oz. Interm. Bar Extras SALAD DRESSING PEAS AND CARROTS APPLE Rolls, WW (2.1 oz) JUICE MILK	28 Turkey & Cheese/WW CONDIMENTS LETTUCE & TOMATO Sun Chips, Original CABBAGE Steamed, Fresh PEARS JUICE MILK	29 Taco Bar w/Chips SOUR CREAM TACO SAUCE LETTUCE/TOMATO PASTA SALAD WW VEGETABLE DIPPERS RANCH DIP PINEAPPLE JUICE MILK	30 Romaine Salad w/ Turkey(2oz) Salad Additions, Fresh SALAD DRESSING Carrots, Fresh, Steamed MANDARIN ORANGES Rolls, WW (2.1 oz) JUICE MILK	



## Intermediate Breakfast September / 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Brk. WW Biscuit CEREAL YOGURT FRUIT CHOICE JUICE MILK	2 Ham & Cheese Biscuit, WW CEREAL YOGURT FRUIT CHOICE JUICE MILK	3 Pizza, Pepperoni CEREAL FRUIT CHOICE YOGURT JUICE MILK
6	7 Ham & Biscuit, WW CEREAL FRUIT CHOICE YOGURT JUICE MILK	8 Breakfast Burrito CEREAL FRUIT CHOICE YOGURT JUICE MILK	9 Pizza, Cheese CEREAL BANANA YOGURT JUICE MILK	10 Chicken Brk. WW Biscuit CEREAL FRUIT CHOICE YOGURT JUICE MILK
13 SAUSAGE PUP CEREAL FRUIT CHOICE YOGURT JUICE MILK SYRUP	14 WAFFLE STIX SYRUP SAUSAGE LINK CEREAL BLUEBERRIES YOGURT JUICE MILK	15 Egg/Cheese Croissant CEREAL FRUIT CHOICE YOGURT JUICE MILK	16 CHEESE EGGS CEREAL TOAST/WW JELLY FRUIT CHOICE YOGURT JUICE MILK	17 BREAKFAST PIZZA CEREAL APPLESAUCE YOGURT JUICE MILK
20 SAUSAGE PUP SYRUP CEREAL FRUIT CHOICE YOGURT JUICE MILK	21 MUFFINS SAUSAGE LINK CEREAL YOGURT MARGERINE JUICE MILK	22 FRENCH TOAST STIX SYRUP HAM SLICE CEREAL FRUIT CHOICE YOGURT JUICE MILK	23 Chicken Brk. WW Biscuit CEREAL FRUIT CHOICE YOGURT JUICE MILK	24 PANCAKES SAUSAGE LINK CEREAL BLUEBERRIES YOGURT MILK SYRUP
27 CINNAMON BUN SAUSAGE PATTY CEREAL FRUIT CHOICE YOGURT JUICE MILK	28 Chicken Brk. WW Biscuit CEREAL PEACH CUP YOGURT JUICE MILK	29 Egg/Cheese Croissant CEREAL GRAPES YOGURT JUICE MILK	30 Sausage & WW Biscuit CEREAL FRUIT CHOICE YOGURT JUICE MILK JELLY	