

## Secondary Regular Lunch September / 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1 SLOPPY JOE/WW HOT DOG/WW BUN CONDIMENTS Romaine Salad Glaze Carrots/Fresh PINEAPPLE JUICE VANILLA PUDDING MILK	2 Lasagna/Large Pizza, Pepperoni Italiana WW Pasta GREEN BEANS GRAPES JUICE Rolls, WW (2.1 oz) YOGURT MILK	3 Chicken Sandwich/WW Bun LETTUCE & TOMATO CONDIMENTS BBQ Pork/WW BUN BLACKEYE PEAS Raw Cucumber/Celery/Carrots RANCH DIP MANDARIN ORANGES JUICE CHOCOLATE CAKE MILK
6	7 Red Beans/Sausage RICE, Brown FISH/WW BUN TARTER SAUCE Romaine Salad PINEAPPLE FROZEN FRUIT BAR JUICE MILK	8 CHICKEN NUGGETS Sweet /Sour Sauce Spaghetti WW /Meat Sauce Sweet Potato, Baked/Large PEACHES JUICE Rolls, WW (2.1 oz) MILK	9 Meatloaf/Large BURRITTO /WW FRESH COLLARDS GRAPES JUICE Rolls, WW (2.1 oz) Cookie, M&M MILK	10 Pizza, Sausage HAMBURGER LETTUCE & TOMATO CONDIMENTS Italiana WW Pasta Spinach Salad, fresh FRENCH FRIES APPLE JUICE Brownie, Whole Grain MILK
13 BURRITTO /WW SLOPPY JOE/WW BLACKEYE PEAS Mexicali Corn Kiwi/Strawberries JUICE MILK	14 CHICKEN POT PIE FISH NUGGETTS TARTER SAUCE GREEN PEAS PEACHES JUICE Rolls, WW (2.1 oz) APPLE CRISP MILK	15 Grilled Chicken/WW Bun CONDIMENTS LETTUCE & TOMATO Ham & Cheese/WW Spinach Salad, fresh Sweet Potato Sticks APPLE Wedges JUICE FROZEN FRUIT BAR MILK	16 HAMBURGER STEAK CHICKEN AND RICE CASSEROLE FRESH COLLARDS PEARS JUICE Rolls, WW (2.1 oz) MILK	17 BBQ Pork/WW BUN Turkey & Cheese/WW FRENCH FRIES Carrot/Raisin Salad GRAPES JUICE SUGAR COOKIE MILK
20 FISH/WW BUN KETCHUP Chicken Sandwich/WW Bun Mustard & Ketchup TURNIP GREENS Sun Chips, Original Super Slaw TANGERINES JUICE Lemon Cookies MILK	21 TURKEY/GRAVY RICE, Brown Spaghetti WW /Meat Sauce Rolls, WW (2.1 oz) GREEN BEANS Broccoli, fresh steamed Sweet Potato, Baked/Large FROZEN FRUIT BAR JUICE MILK	22 CHICKEN STIR FRY EGG ROLLS Sweet /Sour Sauce Salisbury Steak/Gravy RICE, Brown CABBAGE Steamed, Fresh Citrus Fruit Salad BBQ. BREAD JUICE MILK	23 CORN DOG, WW, L/F Grilled Chicken/WW Bun CONDIMENTS BAKED BEANS TATER TOTS PEACHES JUICE CINDERELLA CAKE MILK	24 Turkey/Cheese WW Wrap MAYONNAISE, IND. LETTUCE & TOMATO Rib-B-Que/ WW Bun BBQ SAUCE, ind CORN, WK Squash Casserole Spinach Salad, fresh Kiwi/Strawberries JUICE YOGURT Cookie, M&M MILK
27	28	29	30	

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BAKED CHICKEN CHICKEN POT PIE Broccoli, fresh steamed Corn and Carrots PEARS,FRESH Rolls, WW (2.1 oz) FROZEN FRUIT BAR JUICE MILK	HAMBURGER Grilled Chicken/WW Bun CONDIMENTS LETTUCE & TOMATO TATER TOTS BAKED BEANS ORANGES JUICE SUGAR COOKIE MILK	PORK CHOP BBQ CHICKEN LEGS RANCH POTATOES FRESH COLLARDS PEACHES JUICE Cornbread, WW Chocolate Pudding MILK	Spaghetti WW /Meat Sauce/Large HAMBURGER STEAK Romaine Caesar Salad BLACKEYE PEAS GRAPES JUICE BREAD STICKS Brownie, Whole Grain MILK	
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## Secondary Bar Lunch September / 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Taco Bar w/Chips TACO SAUCE LETTUCE/TOMATO SOUR CREAM RICE,Brown Glaze Carrots/Fresh PINEAPPLE Romaine Salad w/ Turkey(2oz) Super Salad JUICE VANILLA PUDDING MILK	2 Romaine Salad w/ Turkey(2oz) Salad Additions, Fresh Ranch Dressing GRAPES Super Salad JUICE Rolls, WW (2.1 oz) YOGURT MILK	3 Chili/Cheese Potato BLACKEYE PEAS Raw Cucumber/Celery/Carrots RANCH DIP SOUR CREAM MANDARIN ORANGES Romaine Salad w/ Ham Super Salad JUICE Rolls, WW (2.1 oz) CHOCOLATE CAKE MILK
6	7 Tuna Salad WW Wrap Romaine Salad Ranch Dressing Sweet Potato, Baked/Large PINEAPPLE Romaine Salad w/ Ham Super Salad JUICE FROZEN FRUIT BAR MILK	8 Taco Bar w/Chips TACO SAUCE LETTUCE/TOMATO CORN, WK PEACHES Romaine Salad w/ Turkey(2oz) Super Salad JUICE Rolls, WW (2.1 oz) MILK	9 Romaine Salad w/ Chicken,2 oz. Salad Additions, Fresh Ranch Dressing SOUR CREAM GRAPES Super Salad JUICE Rolls, WW (2.1 oz) Cookie, M&M MILK	10 Ham/Cheese Potato PINTO BEANS Spinach Salad, fresh SOUR CREAM APPLE Romaine Salad w/ Ham Super Salad JUICE Rolls, WW (2.1 oz) MILK
13 ChickTender WW Wrap BLACKEYE PEAS Mexicali Corn Sun Chips,Original Kiwi/Strawberries Romaine Salad w/ Chicken,2 oz. Super Salad JUICE MILK	14 Romaine Salad w/ Chicken,2 oz. Salad Additions, Fresh Ranch Dressing GREEN PEAS APPLE CRISP PEACHES Super Salad JUICE Rolls, WW (2.1 oz) MILK	15 Taco Bar w/Chips TACO SAUCE LETTUCE/TOMATO Spinach Salad, fresh SOUR CREAM APPLE Wedges Romaine Salad w/ Turkey(2oz) Super Salad JUICE Rolls, WW (2.1 oz) MILK	16 Romaine Salad w/ Turkey(2oz) Salad Additions, Fresh Ranch Dressing PEARS Super Salad JUICE Rolls, WW (2.1 oz) Chocolate Pudding MILK	17 Chili/Cheese Potato Carrot/Raisin Salad SOUR CREAM GRAPES Romaine Salad w/ Chicken,2 oz. Super Salad JUICE Rolls, WW (2.1 oz) SUGAR COOKIES MILK
20 Ham & Cheese/WW CONDIMENTS LETTUCE & TOMATO Cole Slaw Sun Chips,Original Romaine Salad w/ Ham Super Salad TANGERINES JUICE Lemon Cookies MILK	21 Romaine Salad w/ Chicken,2 oz. Salad Additions, Fresh Ranch Dressing Sweet Potato, Baked/Large Super Salad FROZEN FRUIT BAR JUICE Rolls, WW (2.1 oz) MILK	22 Taco Bar w/Chips TACO SAUCE LETTUCE/TOMATO SOUR CREAM RICE,Brown Mexican Vegetables Romaine Salad w/ Chicken,2 oz. Super Salad Citrus Fruit Salad JUICE MILK	23 Romaine Salad w/ Turkey(2oz) Salad Additions, Fresh Ranch Dressing PEACHES Super Salad JUICE Rolls, WW (2.1 oz) CINDERELLA CAKE MILK	24 Chili/Cheese Potato Spinach Salad, fresh SOUR CREAM Kiwi/Strawberries Romaine Salad w/ Turkey(2oz) Super Salad JUICE Rolls, WW (2.1 oz) Cookie, M&M MILK
27	28	29	30	

Secondary Bar Lunch

Turkey & Cheese/WW CONDIMENTS LETTUCE & TOMATO Broccoli, fresh steamed POPCORN PEARS,FRESH Romaine Salad w/ Chicken,2 oz. Super Salad JUICE FROZEN FRUIT BAR MILK	Romaine Salad w/ Chicken,2 oz. Salad Additions, Fresh Ranch Dressing BAKED BEANS ORANGES Super Salad JUICE Rolls, WW (2.1 oz) SUGAR COOKIE MILK	Taco Bar w/Chips TACO SAUCE LETTUCE/TOMATO SOUR CREAM FRESH COLLARDS PEACHES Romaine Salad w/ Ham Super Salad JUICE Rolls, WW (2.1 oz) Chocolate Pudding MILK	Romaine Salad w/ Turkey(2oz) Salad Additions, Fresh Ranch Dressing Carrots, Fresh, Steamed GRAPES Super Salad JUICE Rolls, WW (2.1 oz) Brownie, Whole Grain MILK	
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## Secondary 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	