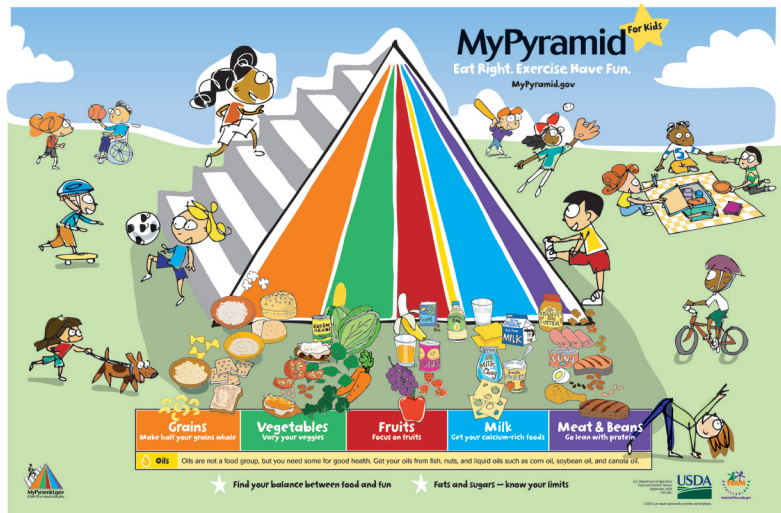


Fresh Ideas for Breakfast

September 1 - 30, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bagel Turkey Sausage Fresh Fruit Choice of Milk	2 Fruit Muffin Cereal Fresh Fruit Choice of Milk	3 Pancake on Stick Fresh Fruit Choice of Milk
6 No School	7 Biscuit Turkey Sausage Fresh Fruit Choice of Milk	8 Fruit Muffin Graham Crackers Fresh Fruit Choice of Milk	9 Yogurt Turkey Sausage Fresh Fruit Choice of Milk	10 Bagel Egg Patty Fresh Fruit Choice of Milk
13 Fruit Muffin Graham Crackers Fresh Fruit Choice of Milk	14 Yogurt Cereal Fresh Fruit Choice of Milk	15 Biscuit Turkey Sausage Fresh Fruit Choice of Milk	16 Bagel Egg Patty Fresh Fruit Choice of Milk	17 No School
20 Yogurt Graham Crackers Fresh Fruit Choice of Milk	21 French Toast Sticks Turkey Sausage Fresh Fruit Choice of Milk	22 Biscuit Egg Patty Fresh Fruit Choice of Milk	23 Cereal Graham Crackers Fresh Fruit Choice of Milk	24 Bagel Turkey Sausage Fresh Fruit Choice of Milk
27 Cereal Graham Crackers Fresh Fruit Choice of Milk	28 Bagel Turkey Sausage Fresh Fruit Choice of Milk	29 Pancakes Fresh Fruit Choice of Milk	30 Biscuit Egg Patty Fresh Fruit Choice of Milk	

All Fresh Ideas menus are subject to change due to product shortage or program needs.



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, sex, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW Washington, D.C., 20250-9410 or call (202) 720-5964 (voice & TDD). USDA is an equal opportunity provider and employer.

Menus meet USDA guidelines. No fried foods are served. In addition, fresh fruit is offered 3 times weekly. All menus are prepared by our Corporate Dietician: Pat Holmes, RD.



Fresh Ideas for Lunch

September 1 - 30, 2010

Monday

Tuesday

Wednesday

Thursday

Friday

September

All Fresh Ideas menus are subject to change due to product shortage or program needs.

		1 Spaghetti Fresh Carrots Roll Fresh Fruit Choice of Milk	2 Chicken Nuggets Rice with Veggies Fresh Fruit Choice of Milk	3 Fish Nuggets Green Beans Fresh Fruit Choice of Milk
6 No School	7 Salisbury Steak Mashed Potatoes Salad Fresh Fruit Choice of Milk	8 Turkey Sandwich Fresh Carrots Fresh Fruit Choice of Milk	9 Soft Taco Corn Fresh Fruit Choice of Milk	10 Turkey Dog Mixed Veggies Fresh Fruit Choice of Milk
13 Hamburger Mac and Cheese Fresh Carrots Fresh Fruit Choice of Milk	14 Nachos Tomato Wedge Fresh Fruit Choice of Milk	15 Cheese Bosco Stick Marinara Green Beans Fresh Fruit Choice of Milk	16 Sloppy Joe Baked Fries Salad Fresh Fruit Choice of Milk	17 No School
20 Spaghetti Fresh Carrots Roll Fresh Fruit Choice of Milk	21 Turkey Corn Dog Corn Fresh Fruit Choice of Milk	22 Chicken and Broccoli Alfredo Fresh Fruit Choice of Milk	23 Chili Dog Fresh Carrots Fresh Fruit Choice of Milk	24 Cheeseburger Mac Green Beans Fresh Fruit Choice of Milk
27 Chicken Nuggets Broccoli Cheese Rice Fresh Fruit Choice of Milk	28 Taco Salad Fresh Fruit Choice of Milk	29 Turkey Sandwich Fresh Carrots Fresh Fruit Choice of Milk	30 Crispito Corn Fresh Fruit Choice of Milk	



Email: dawn_tibbetts@yahoo.com

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, sex, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW Washington, D.C., 20250-9410 or call (202) 720-5964 (voice & TDD). USDA is an equal opportunity provider and employer.

Breakfast and Lunch menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and Vitamins A & C. All menus are prepared by our Corporate Dietitian: Pat Holmes, RD.

2%, Skim & Chocolate Milk are Served Daily.