



Meal Pattern for Lunch, 2010-2011

Hamburger stroganoff Noodles Salad Wheat bread/butter Fresh fruit	*Ravioli w/olive oil & Parmesan Peas Dinner roll Fresh fruit	White meat chicken nuggets Potato soup Wheat bread/butter Fresh fruit	*Pizza Garden salad Fresh fruit	BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit
Beef & turkey soft taco Grated cheese Corn Fresh fruit	*Quiche Diced carrots French bread /butter Fresh fruit	Spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	Meatball sub w/tomato sauce Grated cheese Roll Broccoli Fresh fruit	*Homemade macaroni & cheese Peas Wheat bread/butter Fresh fruit
Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit	Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	Chicken chili Southwest salad Whole wheat saltines Fresh fruit	*Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit
Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit	Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit	Hamburger patty Dried beans & tomato sauce Roll Fresh fruit	*Homemade Lasagna Tossed salad Wheat bread/butter Fresh fruit	Baked chicken leg Zucchini Wheat bread/butter Fresh fruit
*Cheese melt Tomato pasta soup Fresh fruit	*Beans & brown rice Tossed salad Tortilla Fresh fruit	Turkey sloppy joe Carrots Roll Fresh fruit	Salisbury steak & gravy Brown rice Cole slaw Multi-grain bread/butter Fresh fruit	Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit



Lunch - October, 2010

				10/1 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit
10/4 Beef & turkey soft taco Grated cheese Corn Fresh fruit	10/5 *Quiche Diced carrots French bread /butter Fresh fruit	10/6 Spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	10/7 Meatball sub w/tomato sauce Grated cheese Roll Broccoli Fresh fruit	10/8 *Homemade macaroni & cheese Peas Wheat bread/butter Fresh fruit
10/11 +Columbus Day+ Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit	10/12 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	10/13 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	10/14 Chicken chili Southwest salad Whole wheat saltines Fresh fruit	10/15 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit
10/18 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit	10/19 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit	10/20 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit	10/21 *Homemade Lasagna Tossed salad Wheat bread/butter Fresh fruit	10/22 Baked chicken leg Zucchini Wheat bread/butter Fresh fruit
10/25 *Cheese melt Tomato pasta soup Fresh fruit	10/26 *Beans & brown rice Tossed salad Tortilla Fresh fruit	10/27 Turkey sloppy joe Carrots Roll Fresh fruit	10/28 Salisbury steak & gravy Brown rice Cole slaw Multi-grain bread/butter Fresh fruit	10/29 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit



Lunch - November, 2010

11/1 Hamburger stroganoff Noodles Salad Wheat bread/butter Fresh fruit	11/2 *Ravioli w/olive oil & Parmesan Peas Dinner roll Fresh fruit	11/3 White meat chicken nuggets Potato soup Wheat bread/butter Fresh fruit	11/4 *Pizza Garden salad Fresh fruit	11/5 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit
11/8 Beef & turkey soft taco Grated cheese Corn Fresh fruit	11/9 *Quiche Diced carrots French bread /butter Fresh fruit	11/10 Spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	11/11 + Veterans Day + Meatball sub w/tomato sauce Grated cheese Roll Broccoli Fresh fruit	11/12 *Homemade macaroni & cheese Peas Wheat bread/butter Fresh fruit
11/15 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit	11/16 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	11/17 Chicken chili Southwest salad Whole wheat saltines Fresh fruit	11/18 Meatloaf Peas Wheat bread/butter Fresh fruit	11/19 ~Thanksgiving Dinner~ Sliced turkey in gravy Sweet Potatoes Wheat bread Fresh fruit
11/22 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit	11/23 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit	11/24 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit	11/25 ***** CLOSED FOR THANKSGIVING HOLIDAY *****	11/26 ***** CLOSED FOR THANKSGIVING HOLIDAY *****
11/29 *Cheese melt Tomato pasta soup Fresh fruit	11/30 *Beans & brown rice Tossed salad Tortilla Fresh fruit			



Lunch - December, 2010

		12/1 Turkey sloppy joe Carrots Roll Fresh fruit	12/2 Salisbury steak & gravy Brown rice Cole slaw Multi-grain bread/butter Fresh fruit	12/3 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit
12/6 Hamburger stroganoff Noodles Salad Wheat bread/butter Fresh fruit	12/7 *Ravioli w/olive oil & Parmesan Peas Dinner roll Fresh fruit	12/8 White meat chicken nuggets Potato soup Wheat bread/butter Fresh fruit	12/9 *Pizza Garden salad Fresh fruit	12/10 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit
12/13 Beef & turkey soft taco Grated cheese Corn Fresh fruit	12/14 *Quiche Diced carrots French bread /butter Fresh fruit	12/15 Spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	12/16 Meatball sub w/tomato sauce Grated cheese Roll Broccoli Fresh fruit	12/17 *Homemade macaroni & cheese Peas Wheat bread/butter Fresh fruit
12/20 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit	12/21 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	12/22 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	12/23 Chicken chili Southwest salad Whole wheat saltines Fresh fruit	12/24 ***** CLOSED FOR WINTER BREAK *****
12/27 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit	12/28 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit	12/29 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit	12/30 *Homemade Lasagna Tossed salad Wheat bread/butter Fresh fruit	12/31 ***** CLOSED FOR NEW YEARS HOLIDAY *****



Lunch - January, 2011

1/3 *Cheese melt Tomato pasta soup Fresh fruit	1/4 *Beans & brown rice Tossed salad Tortilla Fresh fruit	1/5 Turkey sloppy joe Carrots Roll Fresh fruit	1/6 Salisbury steak & gravy Brown rice Cole slaw Multi-grain bread/butter Fresh fruit	1/7 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit
1/10 Hamburger stroganoff Noodles Salad Wheat bread/butter Fresh fruit	1/11 *Ravioli w/olive oil & Parmesan Peas Dinner roll Fresh fruit	1/12 White meat chicken nuggets Potato soup Wheat bread/butter Fresh fruit	1/13 *Pizza Garden salad Fresh fruit	1/14 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit
1/17 ***** CLOSED FOR MLK JR'S BIRTHDAY *****	1/18 Beef & turkey soft taco Grated cheese Corn Fresh fruit	1/19 *Quiche Diced carrots French bread /butter Fresh fruit	1/20 Spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	1/21 *Homemade macaroni & cheese Peas Wheat bread/butter Fresh fruit
1/24 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit	1/25 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	1/26 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	1/27 Chicken chili Southwest salad Whole wheat saltines Fresh fruit	1/28 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit
1/31 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit				



Lunch - February, 2011

	2/1 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit	2/2 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit	2/3 *Homemade Lasagna Tossed salad Wheat bread/butter Fresh fruit	2/4 Baked chicken leg Zucchini Wheat bread/butter Fresh fruit
2/7 *Cheese melt Tomato pasta soup Fresh fruit	2/8 *Beans & brown rice Tossed salad Tortilla Fresh fruit	2/9 Turkey sloppy joe Carrots Roll Fresh fruit	2/10 Salisbury steak & gravy Brown rice Cole slaw Multi-grain bread/butter Fresh fruit	2/11 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit
2/14 Hamburger stroganoff Noodles Salad Wheat bread/butter Fresh fruit	2/15 *Ravioli w/olive oil & Parmesan Peas Dinner roll Fresh fruit	2/16 White meat chicken nuggets Potato soup Wheat bread/butter Fresh fruit	2/17 *Pizza Garden salad Fresh fruit	2/18 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit
2/21 ***** CLOSED FOR PRESIDENT'S DAY *****	2/22 Beef & turkey soft taco Grated cheese Corn Fresh fruit	2/23 *Quiche Diced carrots French bread /butter Fresh fruit	2/24 Spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	2/25 *Homemade macaroni & cheese Peas Wheat bread/butter Fresh fruit
2/28 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit				



Lunch - March, 2011

	3/1 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	3/2 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	3/3 Chicken chili Southwest salad Whole wheat saltines Fresh fruit	3/4 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit
3/7 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit	3/8 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit	3/9 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit	3/10 *Homemade Lasagna Tossed salad Wheat bread/butter Fresh fruit	3/11 Baked chicken leg Zucchini Wheat bread/butter Fresh fruit
3/14 *Cheese melt Tomato pasta soup Fresh fruit	3/15 *Beans & brown rice Tossed salad Tortilla Fresh fruit	3/16 Turkey sloppy joe Carrots Roll Fresh fruit	3/17 Salisbury steak & gravy Brown rice Cole slaw Multi-grain bread/butter Fresh fruit	3/18 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit
3/21 Hamburger stroganoff Noodles Salad Wheat bread/butter Fresh fruit	3/22 *Ravioli w/olive oil & Parmesan Peas Dinner roll Fresh fruit	3/23 White meat chicken nuggets Potato soup Wheat bread/butter Fresh fruit	3/24 *Pizza Garden salad Fresh fruit	3/25 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit
3/28 Beef & turkey soft taco Grated cheese Corn Fresh fruit	3/29 *Quiche Diced carrots French bread /butter Fresh fruit	3/30 Spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	3/31 Meatball sub w/tomato sauce Grated cheese Roll Broccoli Fresh fruit	



Lunch - April, 2011

				4/1 *Homemade macaroni & cheese Peas Wheat bread/butter Fresh fruit
4/4 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit	4/5 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	4/6 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	4/7 Chicken chili Southwest salad Whole wheat saltines Fresh fruit	4/8 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit
4/11 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit	4/12 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit	4/13 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit	4/14 *Homemade Lasagna Tossed salad Wheat bread/butter Fresh fruit	4/15 Baked chicken leg Zucchini Wheat bread/butter Fresh fruit
4/18 *Cheese melt Tomato pasta soup Fresh fruit	4/19 *Beans & brown rice Tossed salad Tortilla Fresh fruit	4/20 Turkey sloppy joe Carrots Roll Fresh fruit	4/21 Salisbury steak & gravy Brown rice Cole slaw Multi-grain bread/butter Fresh fruit	4/22 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit
4/25 Hamburger stroganoff Noodles Salad Wheat bread/butter Fresh fruit	4/26 *Ravioli w/olive oil & Parmesan Peas Dinner roll Fresh fruit	4/27 White meat chicken nuggets Potato soup Wheat bread/butter Fresh fruit	4/28 *Pizza Garden salad Fresh fruit	4/29 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit



Lunch - May, 2011

<p>5/2 Beef & turkey soft taco Grated cheese Corn Fresh fruit</p>	<p>5/3 *Quiche Diced carrots French bread /butter Fresh fruit</p>	<p>5/4 Spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit</p>	<p>5/5 Meatball sub w/tomato sauce Grated cheese Roll Broccoli Fresh fruit</p>	<p>5/6 *Homemade macaroni & cheese Peas Wheat bread/butter Fresh fruit</p>
<p>5/9 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit</p>	<p>5/10 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit</p>	<p>5/11 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>5/12 Chicken chili Southwest salad Whole wheat saltines Fresh fruit</p>	<p>5/13 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit</p>
<p>5/16 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit</p>	<p>5/17 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit</p>	<p>5/18 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit</p>	<p>5/19 *Homemade Lasagna Tossed salad Wheat bread/butter Fresh fruit</p>	<p>5/20 Baked chicken leg Zucchini Wheat bread/butter Fresh fruit</p>
<p>5/23 *Cheese melt Tomato pasta soup Fresh fruit</p>	<p>5/24 *Beans & brown rice Tossed salad Tortilla Fresh fruit</p>	<p>5/25 Turkey sloppy joe Carrots Roll Fresh fruit</p>	<p>5/26 Salisbury steak & gravy Brown rice Cole slaw Multi-grain bread/butter Fresh fruit</p>	<p>5/27 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit</p>
<p>5/30 ***** CLOSED FOR MEMORIAL DAY *****</p>	<p>5/31 Hamburger stroganoff Noodles Salad Wheat bread/butter Fresh fruit</p>			



Lunch - June, 2011

		6/1 *Ravioli w/olive oil & Parmesan Peas Dinner roll Fresh fruit	6/2 *Pizza Garden salad Fresh fruit	6/3 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit
6/6 Beef & turkey soft taco Grated cheese Corn Fresh fruit	6/7 *Quiche Diced carrots French bread /butter Fresh fruit	6/8 Spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	6/9 Meatball sub w/tomato sauce Grated cheese Roll Broccoli Fresh fruit	6/10 *Homemade macaroni & cheese Peas Wheat bread/butter Fresh fruit
6/13 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit	6/14 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	6/15 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	6/16 Chicken chili Southwest salad Whole wheat saltines Fresh fruit	6/17 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit
6/20 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit	6/21 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit	6/22 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit	6/23 *Homemade Lasagna Tossed salad Wheat bread/butter Fresh fruit	6/24 Baked chicken leg Zucchini Wheat bread/butter Fresh fruit
6/27 *Cheese melt Tomato pasta soup Fresh fruit	6/28 *Beans & brown rice Tossed salad Tortilla Fresh fruit	6/29 Turkey sloppy joe Carrots Roll Fresh fruit	6/30 Salisbury steak & gravy Brown rice Cole slaw Multi-grain bread/butter Fresh fruit	



Lunch - July, 2011

				7/1 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit
7/4 ***** CLOSED FOR INDEPENDENCE DAY *****	7/5 Hamburger stroganoff Noodles Salad Wheat bread/butter Fresh fruit	7/6 *Ravioli w/olive oil & Parmesan Peas Dinner roll Fresh fruit	7/7 *Pizza Garden salad Fresh fruit	7/8 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit
7/11 Beef & turkey soft taco Grated cheese Corn Fresh fruit	7/12 *Quiche Diced carrots French bread /butter Fresh fruit	7/13 Spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	7/14 Meatball sub w/tomato sauce Grated cheese Roll Broccoli Fresh fruit	7/15 *Homemade macaroni & cheese Peas Wheat bread/butter Fresh fruit
7/18 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit	7/19 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	7/20 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	7/21 Chicken chili Southwest salad Whole wheat saltines Fresh fruit	7/22 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit
7/25 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit	7/26 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit	7/27 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit	7/28 *Homemade Lasagna Tossed salad Wheat bread/butter Fresh fruit	7/29 Baked chicken leg Zucchini Wheat bread/butter Fresh fruit



Lunch – August, 2011

8/1 *Cheese melt Tomato pasta soup Fresh fruit	8/2 *Beans & brown rice Tossed salad Tortilla Fresh fruit	8/3 Turkey sloppy joe Carrots Roll Fresh fruit	8/4 Salisbury steak & gravy Brown rice Cole slaw Multi-grain bread/butter Fresh fruit	8/5 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit
8/8 Hamburger stroganoff Noodles Salad Wheat bread/butter Fresh fruit	8/9 *Ravioli w/olive oil & Parmesan Peas Dinner roll Fresh fruit	8/10 White meat chicken nuggets Potato soup Wheat bread/butter Fresh fruit	8/11 *Pizza Garden salad Fresh fruit	8/12 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit
8/15 Beef & turkey soft taco Grated cheese Corn Fresh fruit	8/16 *Quiche Diced carrots French bread /butter Fresh fruit	8/17 Spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	8/18 Meatball sub w/tomato sauce Grated cheese Roll Broccoli Fresh fruit	8/19 *Homemade macaroni & cheese Peas Wheat bread/butter Fresh fruit
8/22 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit	8/23 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	8/24 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	8/25 Chicken chili Southwest salad Whole wheat saltines Fresh fruit	8/26 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit
8/29 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit	8/30 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit	8/31 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit		



Lunch – September, 2011

			9/1 *Homemade Lasagna Tossed salad Wheat bread/butter Fresh fruit	9/2 Baked chicken leg Zucchini Wheat bread/butter Fresh fruit
9/5 ***** CLOSED FOR LABOR DAY *****	9/6 *Cheese melt Tomato pasta soup Fresh fruit	9/7 Turkey sloppy joe Carrots Roll Fresh fruit	9/8 Salisbury steak & gravy Brown rice Cole slaw Multi-grain bread/butter Fresh fruit	9/9 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit
9/12 Hamburger stroganoff Noodles Salad Wheat bread/butter Fresh fruit	9/13 *Ravioli w/olive oil & Parmesan Peas Dinner roll Fresh fruit	9/14 White meat chicken nuggets Potato soup Wheat bread/butter Fresh fruit	9/15 *Pizza Garden salad Fresh fruit	9/16 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit
9/19 Beef & turkey soft taco Grated cheese Corn Fresh fruit	9/20 *Quiche Diced carrots French bread /butter Fresh fruit	9/21 Spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	9/22 Meatball sub w/tomato sauce Grated cheese Roll Broccoli Fresh fruit	9/23 *Homemade macaroni & cheese Peas Wheat bread/butter Fresh fruit
9/26 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit	9/27 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	9/28 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	9/29 Chicken chili Southwest salad Whole wheat saltines Fresh fruit	9/30 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit