

# USD 504 September 2010 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>WELCOME BACK!</b> We care about your health! Menus include many whole grain products as well as a large selection of fruits &amp; vegetables. Students are encouraged to choose a variety of foods every day.</p>	<p>All meals are offered with a choice of low fat white milk and skim chocolate milk. Juice or fruit is served daily with breakfast.</p>	<p>Sept. 1 Pop tart &amp; cereal ++++ Hamburger, lettuce, tomato, pickle &amp; onion, assorted chips, applesauce, graham snacks</p>	<p>Sept. 2 Yogurt &amp; muffin ++++ Country style beef pattie, potatoes &amp; gravy, California blend veggies, wheat roll &amp; jelly, peaches</p>	<p>Sept. 3 Pancakes w/syrup &amp; crisp bacon ++++ Stuffed crust cheese pizza, tossed salad, whole kernal corn, fruit, chocolate chip cookie</p>
<p>September 6 <b>LABOR DAY</b> No school!</p>	<p>Sept. 7 Long John &amp; cereal ++++ Pig in a blanket, tri tater, broccoli &amp; cheese, fresh apples, pumpkin bar</p>	<p>Sept. 8 Biscuit &amp; gravy ++++ Spaghetti &amp; meat sauce, large garden salad, garlic French bread, peaches</p>	<p>Sept. 9 Breakfast pizza ++++ Taco salad, chips &amp; salsa, refried beans, cinnamon puff, pineapple</p>	<p>Sept. 10 Pancake &amp; sausage on a stick ++++ Chicken &amp; noodles, mashed potatoes, green beans, wheat roll &amp; jelly, orange wedges</p>
<p>Sept. 13 Combo bar &amp; cereal ++++ Teriyaki chicken, stir fried rice w/oriental veggies, fruit juice, pink pears, pull apart bread</p>	<p>Sept. 14 Scrambled egg &amp; toast ++++ Cheeseburger, lettuce, tomato, pickle &amp; onion, tater smiles, pineapple</p>	<p>Sept. 15 Biscuit &amp; gravy ++++ Chicken nuggets, mashed potatoes &amp; gravy, broccoli, wheat roll &amp; jelly, strawberries &amp; bananas</p>	<p>Sept. 16 Breakfast pizza ++++ Chili, choice of crackers or tortilla chips, veggie sticks, cinnamon rolls, peaches</p>	<p>Sept. 17 Waffles &amp; cereal ++++ Macaroni &amp; cheese, little smokies, seasoned peas, baby carrots, wheat roll &amp; jelly, fresh apples</p>
<p>Sept. 20 Cinnamon toast &amp; cereal ++++ Pizza squares, large garden salad, bread sticks w/marinara sauce, peaches</p>	<p>Sept. 21 Combo bar &amp; cereal ++++ Garlic chicken pasta bake, fresh veggies, wheat roll &amp; jelly, applesauce, brownie</p>	<p>Sept. 22 Biscuit &amp; gravy ++++ Hot ham &amp; cheese sandwich, potato wedge, buttered corn, fresh fruit, chocolate pudding</p>	<p>Sept. 23 Breakfast pizza ++++ Taco burger w/cheese, lettuce &amp; tomato, refried beans, black bean &amp; corn salsa w/chips, pears</p>	<p>Sept. 24 French toast &amp; cereal ++++ Chicken patties, mashed potatoes &amp; gravy, green beans, wheat roll &amp; jelly, orange wedges</p>
<p>Sept. 27 Combo bar &amp; cereal ++++ Beef &amp; bean burrito, lettuce &amp; tomato, Mexican corn, chips &amp; salsa, honey apple crisp</p>	<p>Sept. 28 Yogurt &amp; muffin ++++ Stromboli (ham &amp; cheese baked in bread), green beans, fresh veggies, strawberry shortcake</p>	<p>Sept. 29 Biscuit &amp; gravy ++++ BBQ beef sandwich, cheesy potatoes, baked beans, orange smiles, cowboy cookie</p>	<p>Sept. 30 Breakfast pizza ++++ Turkey &amp; cheese sub, lettuce &amp; tomato, Susie Q's, peaches, graham snacks</p>	<p>Menus are subject to change depending on availability of items listed.</p>