

SECONDARY SCHOOL MENUS – OCTOBER 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY															
<p>MILK CHOICES SKIM MILK 2% MILK 1% STRAWBERRY MILK 1% CHOCOLATE MILK</p> <p>PIZZERIA PIZZA MADE WITH LOW FAT MOZZARELLA CHEESE</p>		<p>BREAKFAST 1 Heated Flapstick; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Oven Baked Chicken Nuggets, Stuffed Crust Pizza, Uncrustable PBJ, Deli Turkey Wrap; Fluffy Whipped Potatoes; Chilled Fruit; Dinner Roll; Cold Milk</p>	<p>BREAKFAST 2 French Toast Sticks; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Taco Salad w/Nacho Chips (Lettuce & Tomato), Fresh Personal Pizzeria Pizza, Uncrustable PBJ, Tuna Salad on Bun, Scrumptious Golden Corn; Chilled Fruit; Cold Milk</p>	<p>BREAKFAST 3 Breakfast Pizza; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Chicken Patty on Bun, Variety Pizza, Bistro Deli Delight Sandwich; Tender Peas; Chilled Fruit; Cold Milk</p>															
<p>BREAKFAST 6 Savory Sausage & Egg on Biscuit; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Steak & Cheese Sub (Lettuce, Tomato, Onion), Fresh Pizzeria Pizza, Deli Turkey Sandwich; Savory Green Beans; Chilled Fruit; Cold Milk</p>	<p>BREAKFAST 7 French Toast Sticks; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Chicken Patty on Bun, Fresh Pepperoni Pizzeria Pizza, Uncrustable PBJ, Tuna Salad on Bun, Bistro Deli Delight Sandwich; Crispy Tator Tots; Chilled Fruit; Cold Milk</p>	<p>BREAKFAST 8 Hearty Ham & Egg on Muffin, Crispy Cereal, Scooby Doo Grahams; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Macaroni & Beef Casserole (Taco Sauce or Salsa) w/Italian Bread, Fresh Personal Pizzeria Pizza, Crispy Chicken Salad Platter, Fresh Tossed Salad; Chilled Fruit; Cold Milk</p>	<p>YOM KIPPUR SCHOOLS CLOSED</p>	<p>BREAKFAST 10 Sausage & Egg Bagel; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Deep Dish Pizza, Cheeseburger or Hamburger on Bun, Deli Turkey Wrap; Scrumptious Golden Corn; Chilled Fruit; Cold Milk</p>															
<p>BREAKFAST 13 Breakfast Pizza; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Oven Baked Chicken Nuggets, Stuffed Crust Pizza, Uncrustable PBJ, Pepperoni Calzone w/Sauce; Fluffy Whipped Potatoes; Chilled Fruit; Dinner Roll; Cold Milk</p>	<p>14 PARENT TEACHER CONFERENCES STUDENTS ATTEND IN PM MEALS ARE NOT SERVED</p>	<p>BREAKFAST 15 <i>Middle School Conferences in AM.</i> <i>No Middle School meals served today.</i> Breakfast Bagel Sausage w/Egg & Cheese; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Chicken Patty on Bun, Variety Pizza, Bistro Deli Delight Sandwich; Manager's Choice of Potato; Chilled Fruit; Cold Milk</p>	<p>BREAKFAST 16 Kellogg's JumpStart Breakfast Kit; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Oven Baked Chicken Rings, Steak & Cheese Sub (Lettuce, Tomato, Onion), Fresh Pizzeria Pizza, Ranch Turkey Wrap; Fluffy Whipped Potatoes; Chilled Fruit; Dinner Rolls; Cold Milk</p>	<p>17 STATE/REGIONAL EDUCATIONAL TRAINING SCHOOLS CLOSED</p>															
<p>BREAKFAST 20 Breakfast Pizza; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Oven Baked Shrimp Poppers w/Macaroni & Cheese, Fresh Pizzeria Pizza, Chicken Caesar Wrap; Steamed Broccoli; Chilled Fruit; Cold Milk</p>	<p>BREAKFAST 21 Heated Flapstick; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Zesty Spaghetti w/Meatsauce w/ Italian Bread, Meatball Sub w/Cheese, Fresh White Pizzeria Pizza, Uncrustable PBJ, Tuna Salad on Bun; Fresh Tossed Salad; Chilled Fruit; Cold Milk</p>	<p>BREAKFAST 22 Simply Cinnamon Bun Whole Wheat, Bagel w/Cream Cheese and Jelly; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Hot Turkey Sandwich, Fresh Pepperoni Pizzeria Pizza, Deli Ham & Cheese Wrap; Fluffy Whipped Potatoes; Chilled Fruit; Cold Milk</p>	<p>BREAKFAST 23 Breakfast Bagel Sausage w/Egg & Cheese; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Chicken Patty on Bun, Fresh Personal Pizzeria Pizza, Variety Calzone w/Sauce; Crispy Tator Tots; Chilled Fruit; Cold Milk</p>	<p>BREAKFAST 24 Hearty Ham & Egg on Muffin, Bagel w/Cream Cheese and Jelly; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH FREE DORITO FRIDAY Taco Salad w/Crisp Shell, Cheeseburger on Bun, Variety Pizza; Savory Green Beans; Chilled Fruit; Cold Milk</p>															
<p>BREAKFAST 27 Breakfast Pizza; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Oven Baked Popcorn Chicken, Fresh Pizzeria Pizza, Ranch Chicken Wrap, Turkey Noodle Soup w/Crackers; Fresh Veggies w/Dip; Chilled Fruit; Cold Milk</p>	<p>BREAKFAST 28 Hearty Ham & Egg on Muffin, Bagel w/Cream Cheese and Jelly; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Soft or Crisp Shell Taco w/Cheese & Rice (Lettuce & Tomato), Fresh White Pizzeria Pizza, Ham & Cheese Wrap, Tuna Salad on Bun; Scrumptious Golden Corn; Chilled Fruit; Cold Milk</p>	<p>BREAKFAST 29 French Toast Sticks; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Oven Baked Shrimp Poppers w/Macaroni & Cheese, Fresh Pizzeria Pizza, Bistro Deli Delight Sandwich; Steamed Broccoli; Chilled Fruit; Cold Milk</p>	<p>BREAKFAST 30 Heated Flapstick; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Oven Baked Chicken Nuggets, Stuffed Crust Pizza, Uncrustable PBJ, Deli Turkey Wrap; Fluffy Whipped Potatoes; Chilled Fruit; Dinner Roll; Cold Milk</p>	<p>BREAKFAST 31 Breakfast Bagel Sausage w/Egg & Cheese; Choice of Chilled Juice; Cold Milk</p> <p>LUNCH Chicken Patty on Bun, Fresh Pepperoni Pizzeria Pizza, Variety Calzone w/Sauce; Tender Peas; Chilled Fruit; Cold Milk</p>															
<p><i>Menus subject to change.</i></p> <p>Secondary Meal Prices Breakfast – \$1.35 Lunch – \$2.25</p>			<p>MENU NUTRIENT ANALYSIS Percent of Calories From Fat</p> <table border="1"> <thead> <tr> <th></th> <th>Oct. 1-3</th> <th>Oct. 6-10</th> <th>Oct. 20-24</th> <th>Oct. 27-31</th> </tr> </thead> <tbody> <tr> <td>Breakfast</td> <td>23.21%</td> <td>23.76%</td> <td>22.28%</td> <td>22.67%</td> </tr> <tr> <td>Lunch</td> <td>28.64%</td> <td>28.46%</td> <td>28.01%</td> <td>28.38%</td> </tr> </tbody> </table>			Oct. 1-3	Oct. 6-10	Oct. 20-24	Oct. 27-31	Breakfast	23.21%	23.76%	22.28%	22.67%	Lunch	28.64%	28.46%	28.01%	28.38%
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