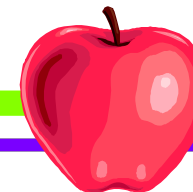




# September 2009



## HIGH SCHOOLS MENU \* *subject to change*



Monday	Tuesday	Wednesday	Thursday	Friday
<b>AUGUST 31, 2009</b> <b>Picnic Lunch</b> GRILLED CHICKEN SANDWICH With Baked Beans, Macaroni Salad, and Asst Fruits and Vegetable Sides Milk	<b>1</b> WHOLE GRAIN STUFF CRUST W/ PEPPERONI OR LOWFAT MOZZARELLA CHEESE PIZZA Choice of Two Sides: Tossed Salad, Assorted Vegetable, Fruit or Juice cup Milk	<b>2</b> <b>CARDINAL BURGER</b> HAMBURGER, CHEESE, AND BACON ON A BUN WITH PAROLED POTATOES Choice of Two Sides: Tossed Salad, Assorted Vegetables, Fruit or Juice Milk	<b>3</b> BAKED CHICKEN FINGERS/SPICY OR MILD WITH TEXAS TOAST Choice of Two Sides: Tossed Salad, Assorted Vegetables, Fruit or Juice Cup Milk	<b>4</b> BAKED MOZZARELLA BREADSTICK WITH A SIDE OF PASTA Choice of Two Sides: Tossed Salad, Assorted Vegetable, Fruit or Juice Cup Milk
<b>7</b> LABOR DAY NO SCHOOL	<b>8</b> <b>*HOT AND SPICY APPLES</b> COUNTRY PULLED PORK SANDWICH Choice of Two Sides: Tossed Salad, Assorted Vegetable, Fruit or Juice Cup Milk *FEATURED SIDE SELECTION	<b>9</b> BAKED CHICKEN NUGGETS WITH HONEY MUSTARD OR BBQ SAUCE AND TEXAS TOAST Choice of Two Sides: Tossed Salad, Assorted Vegetable, Fruit or Juice Milk	<b>10</b> GARLIC FLATBREAD PIZZA WITH SIDE OF ITALIAN PASTA Choice of Two Sides: Tossed Salad, Assorted Vegetable, Fruit or Juice Milk	<b>11</b> <b>CHINESE BUFFET</b> BAKED EGGROLL, ORIENTAL RICE, CHICKEN CHOW MEIN Choice of Two Sides: Tossed Salad, Assorted Vegetable, Fruit or Juice Milk *FORTUNE COOKIE
<b>14</b> DOUBLE DOGS ON A BUN WITH BAKED BEANS Choice of Additional Side: Tossed Salad, Assorted Vegetables, Fruit or Juice Milk **YOU PICK** FRESH ASS'T APPLES	<b>15</b> GRILLED CHEESE SANDWICH WITH TOMATO SOUP Choice of Additional Side: Tossed Salad, Assorted Vegetables, Fruit or Juice Milk	<b>16</b> CHICKEN OR CHEESE QUESADILLA WITH REFRIED BEANS AND CORN Or Choice of Two Sides: Tossed Salad, Ass't Vegetable, Fruit or Juice Milk	<b>17</b> MEATBALL SUB SANDWICH WITH LOWFAT MOZZARELLA CHEESE Choice of Two Sides: Crunchy Cole Slaw, Assorted Vegetables, Fruit or Juice Milk	<b>18</b> BAKED BREADSTICK WITH LOWFAT CHEESE AND A SIDE OF MEATY PASTA Choice of Two Sides: Tossed Salad, Assorted Vegetables, Fruit or Juice Milk
<b>21</b> BEEF NACHO'S WITH WHOLE GRAIN TORTILLA CHIPS AND GARDEN SALSA Choice of Two Extra Sides: Tossed Salad, Assorted Vegetables, Fruit or Juice cup Milk	<b>22</b> BUFFALO OR PLAIN GRILLED CHICKEN SANDWICH WITH A SIDE OF GARDEN PASTA SALAD Choice of Two Sides: Tossed Salad, Assorted Vegetables, Fruit or Juice Milk	<b>23</b> <b>*APPLE SLICES &amp; TOPPING</b> WHOLE GRAIN GARLIC FLATBREAD AND SIDE OF TOMATO PASTA Choice of Two Sides: Tossed Salad, Assorted Vegetable, Fruit or Juice Milk	<b>24</b> BAKED RIGATONI WITH CAESAR SALAD Choice of Two Sides: Tossed Salad, Assorted Vegetables, Fruit or Juice Milk	<b>25</b> <b>CHINESE BUFFET</b> SWEET AND SOUR CHICKEN OVER RICE/CHOW MEIN NOODLES/FORTUNE COOKIE Choice of Two Sides: Tossed Salad, Assorted Vegetable, Fruit or Juice Milk
<b>28</b> <b>*HOT APPLE CRISP</b> BAKED OVEN CRISP CHICKEN NUGGETS WITH MACARONI SALAD Choice of Two Sides: Tossed Salad, Assorted Vegetable, Fruit or Juice cup Milk	<b>29</b> CRUNCH CORN DOG ON A STICK OR BEEF RAVIOLI Choose Two Side Dishes: Garden Salad, Assorted Vegetables, Fruit or Juice cup Milk	<b>30</b> POPCORN CHICKEN BOWL WITH MASHED POTATOES AND GRAVY Choice of Two Side Dishes: Salads, Assorted Vegetables, Fruit or Juice cup Milk		

### APPLE FACTS

Ever heard the saying  
 "An apple a day keeps  
 the doctor away"?

Apples are an  
 excellent food that are  
 loaded with fiber,  
 contain complex  
 carbohydrates giving  
 you energy, contain  
 pectin that aides in  
 digestion and include  
 many antioxidants that  
 lower the risk of heart  
 disease and cancer.

The average apple  
 contains:  
80 Calories,  
5 gr. of Fiber  
No fat, cholesterol, or  
Sodium



*"treat your body well and it will treat you well"*