

SCHOOL LUNCH MENU
St. George Elementary & Westmoreland Elementary
September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Scrambled Eggs Chicken Fajita/lettuce & tomato Corn Pineapple Chunks Long John	French Toast Sticks Hamburger /bun Curly Q Fries Peas ½ apple	Biscuits & Gravy Chicken & Noodles Mashed Potato Green Beans Strawberries & Bananas Hot Roll
6	7	8	9	10
No School	Pancake Sausage Stick Hot ham &cheese Jo Jo Potatoes Carrot Sticks Pineapple Chunks	Sausage/toast Sept Birthday Meal Pepperoni Pizza Green Beans Fruit Cocktail Ice Cream	French Toast Sticks Hot Dog Chips Corn Chilled Peaches	Biscuits & Gravy Steak Fingers Mashed Potatoes/gravy Peas Pears Hot Roll
13	14	15	16	17
Breakfast Pizza Mr. Rib/bun Tri Tator Green Beans Fruit Cocktail	Pancake Sausage Stick Chicken Strips Ranch Cut Potatoes Green Beans Pears Hot Roll	Pop Tarts Taco burger/bun Tortilla Chips/salsa Fresh Veggies/dip Orange Wedges	French Toast Sticks Turkey Deli Sand Pasta Salad Green Pepper Chunks Pineapple Chunks	Biscuits & Gravy Spaghetti/meat sauce Green Beans Tossed Salad/drsg Banana Hot Roll
20	21	22	23	24
Breakfast Pizza Chicken Nuggets Mashed Potatoes/gravy Green Peas Pears Hot Roll	Pancake Sausage Stick BBQ Beef/bun Sunchips Broccoli/cheese Pineapple Chunks	Yogurt/toast Soft Taco Spanish Rice Corn Tossed Salad/drsg Peaches	French Toast Sticks Grilled Cheese Sand Corn Chips Carrot Sticks Grapes	Biscuits & Gravy Chicken Fried Steak Mashed Potatoes/gravy Green Beans Applesauce Hot Roll
27	28	29	30	
Breakfast Pizza Hamburger Fries Winter Mix/cheese Fruit Cocktail	Pancake Sausage Stick Frito Pie Steamed Corn Mixed Fruit Salad Jello Cubes	Apple Cinnamon Muffin Pigs in Blanket Tator Tots Green Beans Strawberry Pears Cookie	French Toast Sticks Chili Frito Chips Fresh Veggies/dip Peaches Cinnamon Roll	

Every day at Breakfast: Choice of juice or fruit and cereal in addition to menu item. Half pint cartons of milk offered with each meal—choice of skim, 1%, or ½% chocolate. All menus subject to change without notice. This is an equal opportunity program. If you believe you have been discriminated against because of race, color, national origin, age, sex, or disability, write immediately to the Secretary of Agriculture, Wash. DC, 20250.

SCHOOL LUNCH MENU
ROCK CREEK JR SR HIGH SCHOOL
SEPTEMBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Scrambled Eggs Chicken Fajita Refried Beans Steamed Corn Pineapple Chunks Long John	2 Pancake Sausage Stick Hamburger/bun w/fixin Curly Q Fries Winter Mix/cheese Chunky Fruit	3 Biscuits & Gravy Steak Fingers Mashed Potatoes/gravy Green Beans Peaches Hot Roll
6 No School	7 Breakfast Pizza Hot Ham & Cheese Sand Jo Jo Potatoes Carrot Sticks Pineapple Chunks Oatmeal Cookie *Baked Potato	8 Apple Cinn Muffin Beef & Bean Burrito Green Beans Salad/Low Fat Drsg Fruit Cocktail Cinnamon Puff	9 French Toast Sticks Hotdog Chips Corn Chilled Peaches	10 Biscuits & Gravy Chicken & Noodles Mashed Potatoes Green Peas Strawberries & Bananas Hot Roll
13 Pancake Sausage Stick Mr. Rib/bun Potatoes Au gratin California Blend Veggies Fruit Cocktail	14 Breakfast Pizza Chicken Strips Potato Salad Carrot Sticks/dip Fresh Fruit Hot Roll *Baked Potato	15 Sausage/toast Taco Burgers/bun Tortilla chips/salsa Steamed Corn Peaches Choc Sheet Cake	16 French Toast Sticks Turkey Deli Sandwich Pasta Salad Green Pepper Chunks Pineapple Chunks	17 Biscuits & Gravy Spaghetti/meat sauce Green Beans Tossed Salad/drsg Applesauce Garlic Puffs
20 Pancake Sausage Stick Chicken Nuggets Mashed Potatoes/gravy Green Peas Pears Hot Roll	21 Breakfast Pizza BBQ Beef/bun Sunchips Green Beans Pineapple Chunks *Baked Potato	22 Pop Tarts Soft Taco Spanish Rice Corn Salad/Low Fat Drsg Peaches	23 French Toast Sticks Chili Dog/bun Tri Tator Carrot Sticks Fresh Fruit Brownie	24 Biscuits & Gravy Chicken Fried Steak Mashed Potatoes Green Beans Rosy Applesauce Hot Roll
27 Pancake Sausage Stick Hamburger/bun/fixins Crinkle Cut Potatoes Fresh Veggies/dip Fruit Cocktail	28 Breakfast Pizza Frito Pie Green Beans Salad/Low fat Drsg Chilled Peaches Garlic Puff *Baked Potato	29 Yogurt/toast Pigs in a Blanket Tator Tots Corn Strawberry Pears	30 French Toast Sticks Chili Frito Chips Celery & Cucumbers Dill Pickle Spears Orange Smiles Cinnamon Roll	

*ala carte

Every day at Breakfast: choice of juice or fruit and cereal in addition to the menu item. Every day at lunch: choice of deli sandwich or chef salad in lieu of main dish, fresh fruit available. Extra main dish may be purchased for \$.75. Half pint cartons of milk offered with each meal—choice of skim, 1%, or ½% chocolate. All menus are subject to change without notice. This is an equal opportunity program. If you believe you have been discriminated against because of race, color, national origin, age, sex, or disability, write immediately to the Secretary of Agriculture, Washington, D.C., 20250.