


Elementary Lunch Menu September 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
				
7	8	9	10	11
LABOR DAY	Hot Dog Baked Beans Applesauce Cup Milk	Chicken Nuggets Breadstick Corn Pears Milk	Domino's Pizza Tossed Salad Peaches Milk	Burrito Shredded Lettuce & Tomato Orange Milk
	Cals 558 Carb 78.5 G Sod 1358 Mg T Fat 16.3 G Prot 24.4 G S Fat 5.9 G	Cals 810 Carb 117.2 G Sod 905 Mg T Fat 25.0 G Prot 33.4 G S Fat 8.5 G	Cals 495 Carb 64.9 G Sod 701 Mg T Fat 13.5 G Prot 30.1 G S Fat 7.5 G	Cals 483 Carb 68.5 G Sod 768 Mg T Fat 12.8 G Prot 23.3 G S Fat 6.6 G
14	15	16	17	18
Cheeseburger on a Bun Pickle Slices Fruit Pie Milk	Pancake on a Stick Sausage Patty Juice Box Fruit Cup Milk	Macaroni & Cheese Muffin & Butter Green Beans Fruit Mix Milk	Bagel Pizza Veggie Sticks Applesauce Milk	Chicken Taco W/ Cheese Lettuce & Tomato Peaches Milk
Cals 862 Carb 88.0 G Sod 1426 Mg T Fat 38.3 G Prot 41.5 G S Fat 17.3 G	Cals 619 Carb 63.9 G Sod 844 Mg T Fat 28.7 G Prot 26.9 G S Fat 12.0 G	Cals 675 Carb 79.3 G Sod 1154 Mg T Fat 27.4 G Prot 31.0 G S Fat 11.1 G	Cals 663 Carb 87.1 G Sod 955 Mg T Fat 21.9 G Prot 28.5 G S Fat 8.1 G	Cals 444 Carb 42.9 G Sod 415 Mg T Fat 20.1 G Prot 25.6 G S Fat 9.8 G
21	22	23	24	25
Mini Corn Dogs Cheesy Potatoes Grapes Milk	Chili/Cheese Potato Wedges Veggie Sticks Tropical Fruit Milk	Spaghetti W/Meat Sauce Breadstick Tossed Salad Pears Milk	Domino's Pizza Lettuce & Tomato Pineapple Milk	Texas Straw Hat Lettuce & Tomato Jell-O W/Fruit Milk
Cals 781 Carb 106.4 G Sod 2765 Mg T Fat 29.0 G Prot 26.3 G S Fat 13.1 G	Cals 587 Carb 55.1 G Sod 768 Mg T Fat 21.5 G Prot 31.0 G S Fat 8.8 G	Cals 813 Carb 122.7 G Sod 800 Mg T Fat 18.7 G Prot 39.0 G S Fat 8.5 G	Cals 447 Carb 58.4 G Sod 735 Mg T Fat 14.1 G Prot 24.0 G S Fat 6.1 G	Cals 610 Carb 74.1 G Sod 956 Mg T Fat 22.7 G Prot 30.1 G S Fat 10.4 G
28	29	30		
Chicken Sandwich French Fries Pineapple Milk	Bosco Sticks W/Sauce Celery Sticks Banana Milk	Fish Nuggets Goldfish Crackers Coleslaw Mandarin Oranges Milk		
Cals 536 Carb 74.1 G Sod 669 Mg T Fat 18.7 G Prot 20.2 G S Fat 6.0 G	Cals 463 Carb 64.2 G Sod 880 Mg T Fat 15.6 G Prot 21.0 G S Fat 5.6 G	Cals 572 Carb 55.9 G Sod 364 Mg T Fat 19.2 G Prot 43.2 G S Fat 6.7 G		

Breakfast - \$1.50
Lunch: \$2.00
Reduced Breakfast \$.30
Reduced Lunch \$.40

Menu Subject To Change:

Hot Breakfast:
September 16th
 Mini Pancakes

September 30th
 McMaple Sandwich



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