

September 2009 LUNCH MENU

Hello Parents: We are very excited about our school lunch program for the new school year. We are working to have healthy, tasty lunches your children will enjoy. This year we will be offering more fruits, vegetables and fruit juices, as well as more vegetarian entrees. If you have any menu ideas or suggestions, please feel free to email me at [hellomeredith@yahoo.com](mailto:hellomeredith@yahoo.com). We also always welcome parents to come help us in the kitchen! Contact us to set up a time and date. Looking forward to a wonderful year!

Chef Bessie and Chef Meredith

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12:15 Dismissal	2 12:15 Dismissal	3 12:15 Dismissal	4 12:15 Dismissal	5
6	7 NO SCHOOL LABOR DAY	8 Grilled Cheese Sandwiches Grapes, Salad, Popsicle	9 12:15 Dismissal	10 Garden Burgers Baked Fries String Cheese Fruit Cup	11 Pepperoni Pizza	12
13	14 Spaghetti Bolognese Salad, Garlic Bread Fruit Roll Up	15 Chicken Corn Dogs Melon, Sun Chips Cookie	16 12:15 Dismissal	17 Chicken Nuggets Trail Mix, Banana Jello Cup	18 Field Trip	19
20	21 Chicken Skewers Brown Rice, Broccoli Lemon Bites	22 Quesadillas Chips and Salsa Oranges, Fudgesicle	23 12:15 Dismissal	24 Ravioli Garlic Bread, Melon Cookie	25 NO SCHOOL	26
27	28 Baked Chicken Mashed Potatoes Corn Fruit Cup	29 Mac'n'Cheese Carrots and Dip Trail Mix Ice Cream Bar	30 12:15 Dismissal			