

2009 September



Welcome BACK TO SCHOOL

<p>MONDAY BREAKFAST ENTRÉE Assorted Cold Cereal</p> <p>14</p> <p>.....</p> <p>A) Whole Grain Chicken Corn Dog B) Breaded Fish Sandwich on Multigrain Bun w/Tartar Sauce Garden Salad Baby Carrots *Local Bunch of Grapes Honey & Oat Giant Goldfish</p>	<p>TUESDAY BREAKFAST ENTRÉE Egg & Turkey Sausage Tac Go</p> <p>15</p> <p>.....</p> <p>A) Chicken Nuggets B) Mozzarella Breadsticks w/w/o Marinara Sauce Hot Corn Niblets Garden Salad Cucumber Coins *Local Crisp Apple *Local Fruit Salad w/ Toasted Coconut</p>	<p>WEDNESDAY BREAKFAST ENTRÉE Assorted Cold Cereal</p> <p>9</p> <p>.....</p> <p>A) Chicken Drumsticks B) Whole Grain Cheese Pizza Baby Carrots *Local Chilled Pears *Local Crisp Apple *Local Mini Animal Crackers</p>	<p>THURSDAY BREAKFAST ENTRÉE Assorted Cold Cereal</p> <p>10</p> <p>.....</p> <p>A) 100% Beef Hamburger w/w/o American Cheese on Multigrain Bun B) Bean & Cheese Burrito Seasoned Oven Potatoes Garden Salad Cucumber Coins *Local Plump Purple Plum *Local</p>	<p>FRIDAY BREAKFAST ENTRÉE Belgian Waffle Sticks w/ Sliced Strawberries</p> <p>11</p> <p>.....</p> <p>A) Whole Wheat Sub w/ Roast Turkey, Cheese & Lettuce B) Cheese Quesadilla Garden Salad Broccoli Florets Chilled Applesauce *Local Seasonal Fresh Fruit *Local Raisins</p>
<p>MONDAY BREAKFAST ENTRÉE Assorted Cold Cereal</p> <p>21</p> <p>.....</p> <p>A) Turkey Ham & Cheese Melt on Multigrain Bun B) Breaded Fish Nuggets Seasoned Oven Potatoes Garden Salad Baby Carrots *Local Apple Slices *Local Vanilla Sporty Snacks</p>	<p>TUESDAY BREAKFAST ENTRÉE Grilled French Toast Sticks w/ Syrup</p> <p>22</p> <p>.....</p> <p>A) Beef Teriyaki Burger on a Multigrain Bun B) Toasted Cheese Sandwich Garden Salad Creamy Coleslaw *Local Fresh Pluot *Local Citrus Fruit Bites *Local</p>	<p>WEDNESDAY BREAKFAST ENTRÉE Bagel-ful w/ Cream Cheese Filling</p> <p>16</p> <p>.....</p> <p>A) Teriyaki Chicken B) Vegetable Egg Roll w/w/o Sweet & Sour Sauce Fried Brown Rice w/ Peas & Carrots Garden Salad Sugar Snap Peas Orange Wedges 100% Fruit Juice</p>	<p>THURSDAY BREAKFAST ENTRÉE Small Yogurt, Fruit Muffin</p> <p>17</p> <p>.....</p> <p>A) Breaded Chicken Burger on Multigrain Bun B) Chili Cheese Wrap Garden Salad Fresh Jicama Kool Kiwi Fruit Oatmeal Chocolate Chip Cookie</p>	<p>FRIDAY BREAKFAST ENTRÉE Egg & Cheese Muffin</p> <p>18</p> <p>.....</p> <p>A) Soft Taco w/ Seasoned Beef & Beans, Cheddar Cheese B) Italian Hot Pocket Garden Salad Carrot Coins *Local Chilled Peaches Seasonal Fresh Fruit Pudding Cup</p>
<p>MONDAY BREAKFAST ENTRÉE Assorted Cold Cereal</p> <p>28</p> <p>.....</p> <p>A) Chicken Drumsticks B) Spaghetti w/ Marinara Sauce Seasoned Oven Potatoes Garden Salad Baby Carrots *Local Bunch of Grapes Cinnamon Bug Bites</p>	<p>TUESDAY BREAKFAST ENTRÉE Breakfast Burrito w/ Egg & Cheese</p> <p>29</p> <p>.....</p> <p>A) Chicken Club Salad w/ Whole Wheat Roll B) Whole Grain Cheese Pizza Garden Salad Grape Tomatoes Juicy Orange Wedges Royal Brownie</p>	<p>WEDNESDAY BREAKFAST ENTRÉE Zac-o-Mega Breakfast Bar</p> <p>23</p> <p>.....</p> <p>A) Beef Ravioli B) Veggie Burger w/w/o American Cheese on Multigrain Bun Garden Salad Crunchy Zucchini Wheels *Local Petite Banana Whole Wheat Roll</p>	<p>THURSDAY BREAKFAST ENTRÉE Whole Wheat Cinnamon Roll</p> <p>24</p> <p>.....</p> <p>A) Vietnamese Sandwich w/ Turkey Ham & Carrot-Radish Slaw B) Bean & Cheese Burrito Garden Salad Cucumber Coins *Local Chilled Tropical Fruit Kool Kiwi Fruit 100% Fruit Juice</p>	<p>FRIDAY BREAKFAST ENTRÉE Pancake on a Stick</p> <p>25</p> <p>.....</p> <p>A) Chicken Hot Dog w/ Mustard B) Mozzarella Breadsticks w/w/o Marinara Sauce Hot Corn Niblets Garden Salad Baby Carrots *Local Chilled Pears *Local Seasonal Fresh Fruit</p>

Whole Wheat Toast, Fruit and/or 100% Fruit Juice

And Milk Served Daily at Breakfast.

Alternate Daily Lunch Choice

Local organic yogurt, bread du Jour, fresh fruits & vegetables.

HARVEST OF THE MONTH

Yakima Valley Fresh Purple Plum

Healthy eating can help with your child's success in school.

Studies show that fruit and vegetable consumption improves memory and classroom behavior. Explore, taste and learn about eating more fruits and vegetables.

HARVEST OF THE MONTH feature for September are purple plums from the Yakima Valley.

Ⓟ Pork
Soy is a common ingredient in foods served

ETHNIC ENTREE
FEATURING Vietnamese Cuisine

• rBST hormone free 1% white milk and non-fat chocolate milk available with meals
• Variety of cold cereals available daily as an alternative breakfast option for students