

# AUGUST 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink</p>	<p>4 Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery &amp; Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink</p>	<p>5 Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce &amp; Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink</p>	<p>6 Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink</p>	<p>7 Pizza Nacho's &amp; Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink</p>
<p>10 Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink</p>	<p>11 Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink</p>	<p>12 Chicken &amp; Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce &amp; Tomato Applesauce Banana Rolls Milk 50% Juice, Drink</p>	<p>13 Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni &amp; Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink</p>	<p>14 Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink</p>
<p>17 Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink</p>	<p>18 Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery &amp; Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink</p>	<p>19 Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce &amp; Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink</p>	<p>20 Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink</p>	<p>21 Pizza Nacho's &amp; Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink</p>
<p>24 Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink</p>	<p>25 Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink</p>	<p>26 Chicken &amp; Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce &amp; Tomato Applesauce Banana Rolls Milk 50% Juice, Drink</p>	<p>27 Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni &amp; Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink</p>	<p>28 Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink</p>
<p>31 Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink</p>				

# SEPTEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery & Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink	<b>2</b> Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce & Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink	<b>3</b> Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink	<b>4</b> Pizza Nacho's & Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink
<b>7</b>  <b>Labor Day</b>	<b>8</b> Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink	<b>9</b> Chicken & Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce & Tomato Applesauce Banana Rolls Milk 50% Juice, Drink	<b>10</b> Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni & Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink	<b>11</b> Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink
<b>14</b> Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink	<b>15</b> Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery & Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink	<b>16</b> Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce & Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink	<b>17</b> Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink	<b>18</b> Pizza Nacho's & Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink
<b>21</b> Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink	<b>22</b> Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink	<b>23</b> Chicken & Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce & Tomato Applesauce Banana Rolls Milk 50% Juice, Drink	<b>24</b> Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni & Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink	<b>25</b> Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink
<b>28</b> Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink	<b>29</b> Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery & Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink	<b>30</b> Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce & Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink		

# OCTOBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink	2 Pizza Nacho's & Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink
5 Teacher Inservice / Student Holiday	6 -----	7 -----	8 -----	9 -----
12 Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink	13 Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery & Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink	14 Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce & Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink	15 Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink	16 Pizza Nacho's & Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink
19 Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink	20 Taco Salad Corn dog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink	21 Chicken & Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce & Tomato Applesauce Banana Rolls Milk 50% Juice, Drink	22 Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni & Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink	23 Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink
26 Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink	27 Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery & Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink	28 Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce & Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink	29 Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink	30 Pizza Nacho's & Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink

# NOVEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink</p>	<p>3</p> <p>Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink</p>	<p>4</p> <p>Chicken &amp; Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce &amp; Tomato Applesauce Banana Rolls Milk 50% Juice, Drink</p>	<p>5</p> <p>Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni &amp; Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink</p>	<p>6</p> <p>Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink</p>
<p>9</p> <p>Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink</p>	<p>10</p> <p>Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery &amp; Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink</p>	<p>11</p> <p>Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce &amp; Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink</p>	<p>12</p> <p>Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink</p>	<p>13</p> <p>Pizza Nacho's &amp; Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink</p>
<p>16</p> <p>Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink</p>	<p>17</p> <p>Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink</p>	<p>18</p> <p>Chicken &amp; Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce &amp; Tomato Applesauce Banana Rolls Milk 50% Juice, Drink</p>	<p>19</p> <p>Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni &amp; Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink</p>	<p>20</p> <p>Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink</p>
<p>23</p> <p>Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink</p>	<p>24</p> <p>Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery &amp; Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink</p>	<p>25</p> <p>-----</p>	<p>26</p> <p>Thanksgiving Holidays Schools Closed</p>	<p>27</p> <p>-----</p>
<p>30</p> <p>Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink</p>				

# DECEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink	<b>2</b> Chicken & Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce & Tomato Applesauce Banana Rolls Milk 50% Juice, Drink	<b>3</b> Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni & Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink	<b>4</b> Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink
<b>7</b> Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink	<b>8</b> Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery & Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink	<b>9</b> Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce & Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink	<b>10</b> Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink	<b>11</b> Pizza Nacho's & Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink
<b>14</b> Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink	<b>15</b> Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink	<b>16</b> Chicken & Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce & Tomato Applesauce Banana Rolls Milk 50% Juice, Drink	<b>17</b> Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni & Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink	<b>18</b>  <b>Teacher In-Service / Student Holiday</b>
<b>21</b>  ----- 	<b>22</b>  ----- 	<b>23</b>  ----- <b>Winter Holidays</b> <b>Schools Closed</b> ----- 	<b>24</b>  ----- 	<b>25</b>  ----- 
<b>28</b>  ----- 	<b>29</b>  ----- <b>Winter Holidays</b> <b>Schools Closed</b> ----- 	<b>30</b>  ----- 	<b>31</b>  ----- 	

# JANUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
				1  ---Winter Holidays--- Schools Closed
4  Teacher In-Service / Student Holiday	5 Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery & Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink	6 Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce & Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink	7 Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink	8 Pizza Nacho's & Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink
11 Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink	12 Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink	13 Chicken & Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce & Tomato Applesauce Banana Rolls Milk 50% Juice, Drink	14 Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni & Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink	15 Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink
18  MLK Jr. Observance/ Schools Closed	19 Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery & Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink	20 Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce & Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink	21 Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink	22 Pizza Nacho's & Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink
25 Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink	26 Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink	27 Chicken & Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce & Tomato Applesauce Banana Rolls Milk 50% Juice, Drink	28 Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni & Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink	29 Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink

# FEBRUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink	<b>2</b> Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery & Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink	<b>3</b> Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce & Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink	<b>4</b> Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink	<b>5</b> Pizza Nacho's & Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink
<b>8</b> Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink	<b>9</b> Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink	<b>10</b> Chicken & Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce & Tomato Applesauce Banana Rolls Milk 50% Juice, Drink	<b>11</b> Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni & Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink	<b>12</b> Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink
<b>15</b>  Winter Break /	<b>16</b>  Schools Closed	<b>17</b> Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce & Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink	<b>18</b> Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink	<b>19</b> Pizza Nacho's & Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink
<b>22</b> Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink	<b>23</b> Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink	<b>24</b> Chicken & Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce & Tomato Applesauce Banana Rolls Milk 50% Juice, Drink	<b>25</b> Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni & Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink	<b>26</b> Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink

# MARCH 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink	<b>2</b> Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery & Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink	<b>3</b> Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce & Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink	<b>4</b> Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink	<b>5</b> Teacher In-Service / Student Holiday
<b>8</b> Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink	<b>9</b> Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink	<b>10</b> Chicken & Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce & Tomato Applesauce Banana Rolls Milk 50% Juice, Drink	<b>11</b> Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni & Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink	<b>12</b> Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink
<b>15</b> Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink	<b>16</b> Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery & Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink	<b>17</b> Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce & Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink	<b>18</b> Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink	<b>19</b> Pizza Nacho's & Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink
<b>22</b> -----	<b>23</b> -----	<b>24</b> -----	<b>25</b> -----	<b>26</b> -----
----- Spring Holidays - Schools Closed -----				
<b>29</b> Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink	<b>30</b> Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery & Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink	<b>31</b> Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce & Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink		

# APRIL 2010

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink</p>	<p>2 Pizza Nacho's &amp; Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink</p>
<p>5 Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink</p>	<p>6 Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink</p>	<p>7 Chicken &amp; Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce &amp; Tomato Applesauce Banana Rolls Milk 50% Juice, Drink</p>	<p>8 Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni &amp; Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink</p>	<p>9 Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink</p>
<p>12 Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink</p>	<p>13 Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery &amp; Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink</p>	<p>14 Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce &amp; Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink</p>	<p>15 Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink</p>	<p>16 Pizza Nacho's &amp; Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink</p>
<p>19 Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink</p>	<p>20 Taco Salad Corndog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink</p>	<p>21 Chicken &amp; Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce &amp; Tomato Applesauce Banana Rolls Milk 50% Juice, Drink</p>	<p>22 Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni &amp; Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink</p>	<p>23 Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink</p>
<p>26 Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink</p>	<p>27 Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery &amp; Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink</p>	<p>28 Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce &amp; Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink</p>	<p>29 Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink</p>	<p>30 Pizza Nacho's &amp; Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink</p>

# MAY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink</p>	<p>4</p> <p>Taco Salad Corn dog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink</p>	<p>5</p> <p>Chicken &amp; Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce &amp; Tomato Applesauce Banana Rolls Milk 50% Juice, Drink</p>	<p>6</p> <p>Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni &amp; Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink</p>	<p>7</p> <p>Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink</p>
<p>10</p> <p>Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Mashed Potatoes Slaw Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink</p>	<p>11</p> <p>Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery &amp; Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink</p>	<p>12</p> <p>Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce &amp; Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink</p>	<p>13</p> <p>Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink</p>	<p>14</p> <p>Pizza Nacho's &amp; Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink</p>
<p>17</p> <p>Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink</p>	<p>18</p> <p>Taco Salad Corn dog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink</p>	<p>19</p> <p>Chicken &amp; Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce &amp; Tomato Applesauce Banana Rolls Milk 50% Juice, Drink</p>	<p>20</p> <p>Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni &amp; Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink</p>	<p>21</p> <p>Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Black-eyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>31</p>				

The following 10-cycle menu has been analyzed and the results are shown both weekly and monthly. All of Rome City Schools' menus meet the Federal Guidelines set by the United States Department of Agriculture.

WEEKLY NUTRITIONAL ANALYSIS					
Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Analysis
Chicken Fingers Lasagna Deli Sandwich/Salad Plate Mashed Potatoes Green Peas Garden Salad Pineapple Tidbits Kiwi Rolls Milk 50% Juice, Drink	Taco Salad Corn dog Deli Sandwich/Salad Plate Whole Kernel Corn Pinto Beans Lettuce/Tomato/Cheese Fruit Cocktail Apples Rolls Milk 50% Juice, Drink	Chicken & Rice Hamburger Deli Sandwich/Salad Plate Baked Beans Fries Lettuce & Tomato Applesauce Banana Rolls Milk 50% Juice, Drink	Oven Fried Chicken Steak Nuggets Deli Sandwich/Salad Plate Macaroni & Cheese Breaded Okra Garden Salad Pear Halves Oranges Rolls Milk 50% Juice, Drink	Fish Fillet Sandwich Plated Pork BBQ Deli Sandwich/Salad Plate Cole Slaw Turnip Greens Blackeyed Peas Fries Cornbread Peaches, Jello Milk 50% Juice, Drink	Average Nuts Calories ..... 802 Target 121% Cholesterol ..... 67 Mg Sodium ..... 2082 Mg Fiber ..... 8.3 G Iron ..... 9.1 Mg Calcium ..... 618.7 Mg Protein ..... 30.3 G 15.1%Cal Carbohydrates 115.8 G 57.8%Cal Trans. Fat ..... 24.6 G 27.6%Cal Saturated Fat ..... 7.7 G 8.6%Cal
Country Fried Steak BBQ Rib Sandwich Deli Sandwich/Salad Plate Pasta Salad Oven Fries Pineapple Tidbits Kiwi Rolls Milk 50% Fruit Drink	Hot Dog Cheese Buns Deli Sandwich/Salad Plate Celery & Carrot Sticks Chili Cole Slaw Orange Juice Bar Crackers Milk 50% Juice, Drink	Chicken Sandwich Burrito Deli Sandwich/Salad Plate Pinto Beans Lettuce & Tomato Baked Potato Pear Halves Bananas Rolls Milk 50% Juice, Drink	Spaghetti and Meat Sauce Chicken Nuggets Deli Sandwich/Salad Plate Garden Salad Green Beans Whole Kernel Corn Applesauce Cookie Rolls Milk 50% Juice, Drink	Pizza Nacho's & Cheese Deli Sandwich/Salad Plate Pasta Salad Pinto Beans Corn on the Cob Apples Peaches Rolls Milk 50% Juice, Drink	Average Nuts Calories ..... 1157 Target 174% Cholesterol ..... 81 Mg Sodium ..... 3297 Mg Fiber ..... 12.9 G Iron ..... 14.3 Mg Calcium ..... 952.3 Mg Protein ..... 44.3 G 15.3%Cal Carbohydrates 167.4 G 57.9%Cal Trans. Fat ..... 35.6 G 27.7%Cal Saturated Fat ..... 11.3 G 8.8%Cal

MONTHLY ANALYSIS						
	Average	Target	% of Target	Average	% of Calories	Target
Calories	979	664	147%	37.29 G	15.23%	9.77
Cholesterol	74 Mg			141.59 G	57.84%	
Fiber	10.6 G			30.11 G	27.67%	<30.00%
				9.49 G	8.72%	<10.00%

# **Deli Sandwich/Salad Plates**

(To be added to the menus at the discretion of the SNP Manager)

BBQ Rib Sandwich  
BBQ Sandwich  
Beef Stew  
Beef Tips and Rice  
Beefaroni  
Burrito  
Chick Fillet  
Chicken Fajitas  
Chicken Nuggets  
Chicken Salad  
Chicken Tenders  
Chicken Tetrazinni  
Chili Mac  
Corndogs  
Deli Sandwiches  
Egg Salad  
Fish Nuggets  
Fish Sandwich  
Hamburgers  
Homemade Chicken & Dumplings  
Hotdogs  
Jambalaya  
Lasagna  
Meatloaf  
Peanut Butter & Jelly Sandwich  
Toasted Cheese Sandwich  
Vegetable Stew

# Alternate Vegetables and Fruits

(To be added to the menus at the discretion of the SNP Manager)

Apples  
Applesauce  
Bananas  
Breaded Okra  
Broccoli & Cheese  
Broccoli Casserole  
Broccoli Salad  
California Blend  
Cantaloupe  
Carrot & Raisin Salad  
Cinnamon Apples  
Corn-On-The-Cob  
Fries  
Fruit Cocktail  
Grapes  
Kiwi  
Mandarin Oranges

Oranges  
Pasta Salad  
Peaches  
Pear Halves  
Pears  
Pineapple  
Plums  
Salad  
Slaw  
Spiced Apples  
Squash Casserole  
Steamed Cabbage  
Strawberries  
Sweet Potatoes  
Tri-Taters  
Watermelon