

M. E. SMALL ELEMENTARY SEPTEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HARVEST OF THE MONTH TOMATOES	5	6 WG CHICKEN NUGGETS OR TOASTED CHEESE SANDWICH ON WW BREAD MASHED POTATOES STEAMED CORN FRESH FRUIT	7 HOT DOGS OR HAMBURGERS ON A WW ROLL OVEN FRIES CARROTS TOSSED SALAD PICKLE SPEARS FRESH FRUIT	8 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT
11 WG CHICKEN NUGGETS OR TOASTED CHEESE SANDWICH ON WW BREAD MASHED POTATOES STEAMED CORN FRESH FRUIT	12 TACO TRIANGLES OR CHICKEN PATTY ON A WW ROLL RICE TOMATO SALSA BROCCOLI TOSSED SALAD	13 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR MEATBALLS CAESAR SALAD WW GARLIC ROLL FRESH FRUIT	14 HOT DOGS OR HAMBURGERS ON A WW ROLL TATER TOTS STEAMED CARROTS TOMATO MOZZARELLA SALAD TOSSED SALAD	15 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT
18 WG CHICKEN NUGGETS OR TOASTED CHEESE SANDWICH ON WW BREAD MASHED POTATOES STEAMED CORN FRESH FRUIT	19 FRIED CHICKEN OR CHICKEN PATTY ON A WW ROLL SMILE FRIES BROCCOLI WW ROLL TOMATO & CUKE SALAD	20 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR CHEESE LASAGNA W/ TOMATO SAUCE CAESAR SALAD WW GARLIC ROLL FRESH FRUIT	21 HOT DOG OR MEATLOAF OVEN FRIES CARROTS WW ROLLS TOSSED SALAD FRESH FRUIT	22 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT
25 WG CHICKEN NUGGETS OR TOASTED CHEESE SANDWICH TOMATO SOUP MASHED POTATOES STEAMED CORN FRESH FRUIT	26 CHICKEN PATTY OR PIZZA QUESADILLA WW ROLL RICE GREEN BEANS TOSSED SALAD FRESH FRUIT	27 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR MAC & CHEESE CAESAR SALAD WW GARLIC ROLL FRESH FRUIT	28 HOT DOGS OR HAMBURGERS ON A WW ROLL TATER TOTS STEAMED CARROTS TOSSED SALAD FRESH SLICED TOMATOES	29 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT
				HARVEST OF THE MONTH TOMATOES

AVAILABLE DAILY

ASSORTED SANDWICHES TURKEY & CHEESE HAM & CHEESE SUNBUTTER & JELLY SUNBUTTER & FLUFF	ASSORTED SALADS CHEF SALAD WITH HAM, CHEESE AND HARD BOILED EGG OR TOSSED SALAD WITH CHEESE STICK BOTH SERVED WITH WW PITA	LOW FAT YORURT, FRUIT AND GRANOLA PARFAITS FRUIT SMOOTHIES ALL LUNCHESES SERVED WITH 8oz 1% OR SKIM MILKS
KETCHUP, SALSA, FAT FREE SALAD DRESSINGS	FRESH FRUIT OFFERED WITH ALL MEALS DAILY	8oz WATER BOTTLES SOLD FOR \$.50 EACH

FULL PRICED LUNCH \$3.00 FULL PRICED BREAKFAST \$1.75	REDUCED PRICED LUNCH \$.40 REDUCED PRICED BREAKFAST \$.30
BREAKFAST SERVED EVERY MORNING	