

SEPTEMBER 2010

MARION COUNTY ELEMENTARY MENU

\* PEANUT BUTTER &

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



		1	Colby Cheese Omelet & Hash brown Sticks <u>Choose 1:</u> Honey BBQ Grilled Nuggets w/Roll <b>Authentic Cuban Sandwich</b> Cracker Stacker's <u>Choose 2:</u> Baked Beans Pineapple Chunks Fresh Seasonal Fruit	2	Whole Grain Cinnamon Glazed French Toast <u>Choose 1:</u> *Turkey & Gravy Popcorn Chicken *Chef Salad Meal <u>Choose 2:</u> Seasoned Green Beans Mashed Potatoes w/Gravy Fresh Seasonal Fruit <b>Choose 1: Southern Style Biscuit</b>	3	Power Ball w/Low-Fat Yogurt  <b>Manager's Choice</b> Choice of 2 Entrées Choice of Vegetable & Fruit Bread / Grain Milk Variety		
6	NO SCHOOL LABOR DAY	7	Whole Grain Bagel w/Cream Cheese <u>Choose 1:</u> Beefaroni w/Garlic Breadstick *Turkey Ranch Wrap Yogurt & String Cheese Fruit Plate <u>Choose 2:</u> Garden Side Salad, Diced Up Pears <b>Choose 1: Whole Grain Brownie</b>	8	Banana Muffin w/Low-Fat Yogurt <u>Choose 1:</u> Soft Taco Wraps w/Lettuce, Tomato & Cheese Chicken Quesadilla Cracker Stacker's <b>Choose 2: Golden Corn</b> Mandarin Oranges, Fresh Seasonal Fruit	9	Sausage Biscuit <u>Choose 1:</u> Baked Chicken w/Roll *Hot Ham & Cheese Sandwich *Chef Salad Meal <b>Choose 2: Garden Peas</b> Mashed Potatoes w/Gravy Fresh Seasonal Fruit	10	MVP Breakfast Bun <u>Choose 1:</u> Hamburger w/Pickles Crispy Chicken Sandwich Fresh Deli Shop Wrap w/Baked Chips <b>Choose 2:</b> Lettuce, Tomato & Pickle Cup Potato Stars, Mixed Fruit Cup
		13	Colby Cheese Omelet & Hash brown Sticks <u>Choose 1:</u> Whole Grain Pizza Dippers w/Marinara Sauce Carnival Corndog Fresh Deli Shop Wrap w/Baked Chips <u>Choose 2:</u> Fresh Broccoli w/Cheese, Cinnamon Applesauce <b>Choose 1: Raisins</b>	14	Mini Whole Grain Pancakes <u>Choose 1:</u> *Cheese Ravioli w/Garlic Breadstick Whole Grain Grilled Cheese Yogurt & String Cheese Fruit Plate <u>Choose 2:</u> Garden Side Salad, Pineapple Tidbits Fresh Seasonal Fruit	15	Breakfast Breaks  Early Release Day  Grab-N-Go Lunch	16	Whole Grain Cinnamon Glazed French Toast <u>Choose 1:</u> Chicken & Rice w/Biscuit Texas BBQ Pork Sandwich *Chef Salad Meal <u>Choose 2</u> "Farm to School" Corn-on-the Cob Sliced Peach Cup Fresh Seasonal Fruit
20	Apple Cinnamon Strudel - NEW <u>Choose 1:</u> Mini Bagel Pizza's - NEW *Turkey Hot Dog Fresh Deli Shop Wrap w/Baked Chips <u>Choose 2:</u> California Mixed Vegetables Diced Up Pears <b>Choose 1: 100% Sour Apple Juice Pop</b>	21	Whole Grain Bagel w/Cream Cheese <u>Choose 1:</u> *Italian Style Meat Lasagna - NEW w/ Garlic Breadstick Yogurt & String Cheese Fruit Plate <u>Choose 2:</u> Garden Side Salad Cinnamon Applesauce, Fresh Seasonal Fruit	22	Egg & Cheese Breakfast Wrap-NEW <u>Choose 1:</u> *Taco Nacho's w/Lettuce, Tomato & Cheese Extreme Bean Burrito Cracker Stacker's <u>Choose 2:</u> Golden Corn, Fresh Seasonal Fruit <b>Choose 1: Spanish Rice</b>	23	Sausage Biscuit <u>Choose 1:</u> Chicken Nuggets w/Wheat Roll Turkey & Cheese Sub *Chef Salad Meal <u>Choose 2:</u> Mixed Fruit Cup Baby Carrots w/Dip Fresh Seasonal Fruit	24	MVP Breakfast Bun <u>Choose 1:</u> Cheeseburger Chicken Griller on Wheat Fresh Deli Shop Wrap w/Baked Chips <u>Choose 2:</u> Lettuce, Tomato & Pickle Cup Potato Spudsters-NEW Mandarin Oranges
27	NO SCHOOL TEACHER INSERVICE DAY	28	Mini Whole Grain Pancakes <u>Choose 1:</u> Creamy Macaroni & Cheese w/Breadstick Honey Rib-B-Q Sandwich Yogurt & String Cheese Fruit Plate <u>Choose 2:</u> Garden Side Salad Rosy Applesauce Fresh Seasonal Fruit	29	Egg, Cheese & Honey Ham Tac-Go!-NEW <u>Choose 1:</u> Honey BBQ Grilled Nuggets w/Roll Authentic Cuban Sandwich Cracker Stacker's <u>Choose 2:</u> Breaded Okra - NEW, Pineapple Chunks Fresh Seasonal Fruit <b>Choose 1: Broccoli Cheddar Brown Rice</b>	30	Whole Grain Cinnamon Glazed French Toast <u>Choose 1:</u> *Turkey & Gravy Popcorn Chicken *Chef Salad Meal <u>Choose 2:</u> Seasoned Green Beans Mashed Potatoes w/Gravy Fresh Seasonal Fruit <b>Choose 1: Southern Style Biscuit</b>		

