

Catholic East Elementary

Lunch Menu

September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	September is National Breakfast Month!
		1 *Hot Ham & Cheese Sandwich on a Bun Oven Browned Potatoes Chilled Fruit of the Day Snack Chips Choice of Milk	2 Baked Chicken Mashed Potatoes w/Gravy Tossed Salad w/Dressing Dinner Roll w/Margarine Fruit of the Day Choice of Milk	3 NO SCHOOL	Start everyday with Breakfast! <u>Eating Breakfast has many benefits:</u> -Helps banish the blues -Improves concentration and alertness -Improves diet -Helps maintain weight -Improves strength and endurance
6 Labor Day No School	7 Chicken Nuggets w/BBQ Sauce Tiny Triangle Potatoes Small Biscuit w/Margarine Fruit of the Day Choice of Milk	8 Italian Meat Sauce Garlic Buttered Pasta Tossed Salad w/Dressing Italian Bread & Margarine Fresh Melon Cubes Choice of Milk	9 Salisbury Steak w/Gravy Seasoned Rice Steamed Vegetables Seasonal Fruit Choice of Milk	10 Cheese Pizza Sticks w/Marinara Sauce Tossed Salad w/Dressing Fruit of the Day Choice of Milk	September is Also National Apple Month!  NATIONAL APPLE MONTH
13 Chicken Patty Sandwich Tater Tots Fresh Pear Choice of Milk	14 Chef Salad w/Diced Turkey & Turkey Ham & Cheese Tomatoes, Cucumbers & Lettuce Dinner Roll w/Margarine Seasonal Fruit Snack Chips Choice of Milk	15 Hot Dog on a Bun Baby Carrots w/Ranch Dip Fresh Melon Cubes Choice of Milk	16 Oven Roasted Turkey & Gravy Seasoned Mashed Potatoes Tossed Salad w/Dressing Whole Wheat Bread w/Jelly Seasonal Fruit Choice of Milk	17 Meaty Nachos w/Shredded Cheese Sour Cream & Salsa Whole Kernel Corn Seasonal Fruit Cookie or Rice Krispie Treat Choice of Milk	Get to the core and explore Apples! Everyone has heard 'an apple a day keeps the doctor away.' But do you also know that... -It takes 36 apples to create 1 gallon of apple cider -An apple tree will start bearing fruit 8-10 years after it is planted -Apples come in all shades of greens, yellows and reds -7500 varieties of apples are grown around the world -25% of an apples volume is air, that's why they float -Apples are fat, sodium and cholesterol free. <u>Apples taste great too!</u>
20 Cheeseburger Potato Wedges Fresh Apple Choice of Milk	21 Manager's Choice Entrée Steamed Vegetables Bread or Roll Chilled Fruit of the Day Choice of Milk	22 *Loaded Baked Potato w/ Shredded Cheese, Diced Ham & Sour Cream Broccoli Dinner Roll w/ Margarine Seasonal Fruit Choice of Milk	23 Cheesy Omelet Turkey Sausage Link Crispy Potatoes ½ Bagel w/Jelly Fruit of the Day Choice of Milk	24 NO SCHOOL	
27 Macaroni & Cheese Green Beans Whole Wheat Bread w/Margarine Cinnamon Apple Slices Choice of Milk	28 NEW! Crispy Chicken Salad w/ Tomatoes, Cucumbers & Lettuce & Dressing NEW! Garlic Breadstick Seasonal Fruit Snack Chips Choice of Milk	29 Soft Tacos w/Shredded Cheese Sour Cream & Salsa Whole Kernel Corn Fresh Apple Choice of Milk	30 NEW! Pepperoni Pizza Tossed Salad w/Dressing Italian Bread w/Margarine Seasonal Fruit Choice of Milk		Milk: Provided by the School * May Contain Pork Menus Subject to Change