

SEPTEMBER 2010

Breakfast



Power Panther says, "Power Up with a nutritious breakfast!"

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg & Cheese Omelet 1/2 Wheat Bagel Grapes Choice of Milk	2 Assorted Cereals Graham Crackers Pineapple Tidbits Choice of Milk	3 Waffles with Strawberries Turkey Ham Choice of Milk
6 LABOR DAY NO SCHOOL	7 Assorted Cereals Cheese Crackers 100% Apple Juice Choice of Milk	8 Breakfast Pizza on an English Muffin with Egg, Cheese, Green Peppers Fresh Orange Slices Choice of Milk	9 Fruit Muffin Banana 100% Apple Juice Choice of Milk	10 Hot Cakes with Syrup Yogurt Grapes Choice of Milk
13 English Muffin with Jelly String Cheese 100% Fruit Juice Choice of Milk	14 Fruit Pop Tart Granola Bar 100% Orange Juice Choice of Milk	15 Big Country Breakfast Eggs, Sausage Link Hash Browns Wheat Toast Fresh Orange Slices Choice of Milk	16 Assorted Cereals Yogurt Grapes Choice of Milk	17 Breakfast Hot Pocket with Egg & Cheese Applesauce Choice of Milk
20 Breakfast Burrito with Sausage, Eggs & Cheese Mandarin Oranges Choice of Milk	21 Hot Oatmeal Banana Raisins Choice of Milk	22 Cottage Cheese Diced Peaches Wheat Toast Choice of Milk	23 French Toast Sticks with Syrup Turkey Ham 100% Grape Juice Choice of Milk	24 Assorted Cereals Graham Crackers Fresh Orange Slices Choice of Milk
27 Warm Bagel with Cream Cheese Yogurt 100% Apple Juice Choice of Milk	28 Pancake & Turkey Sausage on a Stick 100% Fruit Juice Choice of Milk	29 Super Doughnut Banana 100% Orange Juice Choice of Milk	30 Egg & Cheese Omelet 1/2 Wheat Bagel Grapes Choice of Milk	Free & Reduced Priced Meal Applications are available in the school office.

Meal Prices

Breakfast:
Reduced: \$0.30
Full Pay: \$1.50

Lunch:
Reduced: \$0.40
Full Pay: \$2.75

A variety of milk choices are offered daily.

**2% White
1% Chocolate
Skim
Strawberry**

September breakfast cost (for all days) = \$6.30 (reduced); \$31.50 (full pay)
September lunch cost (for all days) = \$8.40 (reduced); \$57.75 (full pay)
September meal cost (breakfast & lunch for all days) = \$14.70 (reduced); \$89.25 (full pay)

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

SEPTEMBER 2010

Lunch



Power Panther says, " Eat good, play hard, everyday, all day."

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beefy Taco Salad with Lettuce, Tomato & Cheese Mexicorn Banana Choice of Milk	2 Smoked Turkey & Cheese Wrap Carrot Raisin Salad California Veggie Mix Fresh Pears Choice of Milk	3 Pepperoni Pizza on Wheat Crust Caesar Salad Fresh Orange Slices Oatmeal Cookie Choice of Milk
6 LABOR DAYS NO SCHOOL	7 Turkey Hot Dog on Wheat Bun with Pickle Relish Baked Beans Coleslaw Watermelon Choice of Milk	8 Rotini Bake with Beef & Cheese Tossed Salad with Dressing Wheat Roll Grapes Choice of Milk	9 Salisbury Steak & Gravy Parsley Potatoes Steamed Broccoli Wheat Roll 100% Orange Juice Choice of Milk	10 Chicken Soft Taco with Cheese, Lettuce, Tomatoes Picante Sauce Mexicorn Kiwi Slice Choice of Milk
13 Veggie Pizza on Wheat Crust Tossed Salad with Dressing Fresh Orange Slices Blueberry Crisp Choice of Milk	14 BBQ Chicken Drumstick Mac & Cheese Seasoned Greens Mixed Fruit Wheat Roll Choice of Milk	15 Italian Meatball Sub on a Wheat Hoagie Bun Celery Sticks with Ranch Dip Applesauce Choice of Milk	16 Chicken Stir Fry Brown Rice Asian Mixed Veggies Fresh Orange Slices Choice of Milk	17 Beef Chili with Salsa Shredded Lettuce & Cheese Nacho Chips Applesauce Choice of Milk
20 Meat Sauce with Wheat Spaghetti Mixed Squash Strawberries Wheat Roll Choice of Milk	21 Cheese Pizza on a Wheat Crust Caesar Salad Fresh Orange Slices Cherry Cobbler Choice of Milk	22 Chicken Nuggets with BBQ Sauce Crinkle Carrots Fresh Orange Slices Wheat Roll Choice of Milk	23 Cheese burger on a Wheat Bun Lettuce & Tomato Baked Potato Wedges Celery Sticks with Ranch Dip 100% Fruit Juice Choice of Milk	24 Mac & Cheese Casserole Green Beans Coleslaw Apple Slices Wheat Roll Choice of Milk
27 Rotini Bake with Beef & Cheese Tossed Salad with Dressing Wheat Roll Grapes Choice of Milk	28 Turkey Hot Dog on Wheat Bun with Pickle Relish Baked Beans Coleslaw Watermelon Choice of Milk	29 Chicken Soft Taco with Cheese, Lettuce, Tomatoes Picante Sauce Mexicorn Fresh Orange Slices Choice of Milk	30 Rotisserie Chicken on a Wheat Bun Lettuce, Tomato, Pickles Baked Sweet Potato Fries Grapes Choice of Milk	Free & Reduced Priced Meal Applications are available in the school office.

Meal Prices

Breakfast:
Reduced: \$0.30
Full Pay: \$1.50

Lunch:
Reduced: \$0.40
Full Pay: \$2.75

A variety of milk choices are offered daily.

2% White
1% Chocolate
Skim
Strawberry

September breakfast cost (for all days) = \$6.30 (reduced); \$31.50 (full pay)

September lunch cost (for all days) = \$8.40 (reduced); \$57.75 (full pay)

September meal cost (breakfast & lunch for all days) = \$14.70 (reduced); \$89.25 (full pay)

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

SEPTEMBER 2010

After-School Snack



Power Panther says, "Eat good, play hard, everyday, all day."

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Oatmeal Cookie 100% Apple Juice	Animal Crackers 100% Orange Juice	Whole Grain Sun Chips 100% Grape Juice
6	7	8	9	10
LABOR DAY NO SCHOOL	Mini Bagel with Cream Cheese 100% Apple Juice	Mini Muffin Mixed Fruit Cup 100% Grape Juice	Rice Crispy Treats Raisins 100% Fruit Punch Juice	Assorted Cheese Crackers 100% Orange Juice
13	14	15	16	17
Trail Mix 100% Fruit Punch Juice	Graham Crackers 100% Apple Juice	Carrot Sticks with Ranch Dip 100% Cranberry Juice	String Cheese 100% Orange Juice	Graham Crackers Craisins 100% Fruit Punch Juice
20	21	22	23	24
Cheese Cubes Crackers 100% Grape Juice	Cucumber Slices with Ranch Dip 100% Fruit Juice	Granola Bar 100% Apple Juice	Apple Slices Low Fat Caramel Dip 100% Orange Dip	Goldfish Crackers 100% Grape Juice
27	28	29	30	Free & Reduced Priced Meal Applications are available in the school office.
Whole Grain Sun Chips 100% Grape Juice	Oatmeal Cookie 100% Apple Juice	Rice Krispie Treats Raisins 100% Fruit Punch Juice	Carrot Sticks with Ranch Dip 100% Cranberry Juice	

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.