

Grades 9-12

September 2012

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

The oldest public school in the US was founded in 1635, and 5 of the 56 signers of the Declaration of Independence graduated from this school: Benjamin Franklin, John Hancock, Robert Treat Paine, Samuel Adams and William Hopper. It is Boston's Latin School.

Labor Day

No School

3
BBQ Chicken Bites*
Chicken Bites*
Turkey Salad
Veggie Wrap (V)
***Mashed Potatoes**
 Cucumber & Tomato Salad
 Corn
 Apple Slices
 Pears
 Banana Bread

4
Beef or Chicken Stir-Fry
Chicken Egg Roll & Rice
Mozzarella Sticks (V)
Asian Chopped Salad
 Carrot Sticks
 Snap Peas
 Grapes
 Mandarin Oranges
 Fruit Swirl Cup

5
Chicken or Black Bean(V) Quesadillas
Meat Nachos
Mexican Chicken Salad
Ham Wrap
 Fresh Veggie Bowl
 Broccoli
 Banana
 Applesauce
 Oatmeal Raisin Cookie

6
Chicken Parmesan
Turkey & Cheese Sub
Orange Ginger Chicken Bowl
Veggie Burger (V)
 Peas
 Green Beans
 Fresh Fruit
 Peaches
 Fruit Swirl Cup

7
BBQ Pork Riblets*
Baked Chicken*
Bean & Rice Burrito (V)
Craisie Turkey Apple Salad
 Baked Beans
 Garden Salad
 Orange Wedges
 Pineapple
 Whole Grain Dinner Roll*

10
Broccoli Cheese Minis (V)
Corn Dog
Lasagna
Tuna Wrap
 Snap Peas
 Cucumber & Carrot Sticks
 Apple Slices
 Pears
 Chocolate Chip Cookie

11
Cheese Omelet or Sausage Patty*
French Toast Sticks*
Turkey or Veggie Wrap (V)
 Deli Roasters
 Broccoli
 Grapes
 Mandarin Oranges

12
Tuna Sub
Hot Dog
Baked Motzarella Sticks (V)
Fajita Chicken Salad
 Steamed Carrots
 Green Beans
 Banana
 Applesauce
 Carrot Bread

13
Buffalo Chicken Bites*
Chicken Bites*
Chik'N Nuggets (V)
Ham Salad
Mashed Potatoes*/Dinner Roll
 Fresh Veggie Bowl
 Broccoli, Cauliflower & Carrots
 Fresh Fruit
 Fruit Cocktail
 Fruit Swirl cup

17
Meatball Sub
Chicken & Veggie Alfredo
Vegetable Alfredo (V)
Turkey Salad
 Peas
 Carrot Sticks
 Orange Wedges
 Pineapple
 Banana Bread

18
Southwest Taco Bowl
Chicken Parmesan
Beef or Black Bean (V) Tacos
Mexican Chicken Salad
 Steamed Zucchini & Squash
 Green Beans
 Apple Slices
 Peaches

19
Chicken Fryz
Philly Cheese Steak Sub
Buffalo Chicken Wrap
Pierogy Salad (V)
 Garden Salad
 Sweet Potato Crinkles
 Grapes
 Mandarin Oranges
 Banana Bread

20
Hamburger
Grilled Ham & Cheese
Chicken or Chik'n (V) Patty Sandwich
Craisie Turkey Apple Salad
 Baked Beans
 Steamed Carrots
 Banana
 Applesauce
 Oatmeal Raisin Cookie

21
Cheese Pizza (V)
Pepperoni Pizza
Chicken & Mini Dumplings
Ham Salad
 Broccoli
 Tomato & Cucumber Salad
 Fresh Fruit
 Peaches
 Fruit Swirl Cup

24
Chicken Tenders*
Veggie Burger (V)
Turkey Wrap
Chicken Tender Salad
 Snap Peas
 Garden Salad
 Pineapple
 Orange Wedges
 Whole Grain Dinner Roll*

25
Macaroni & Cheese (V)
Chicken Patty Sandwich
Ham & Cheese Sub
Turkey Salad
 Green Beans
 Sweet Potato Crinkles
 Apple Slices
 Peaches
 Fruit Swirl Cup

26
Chicken Fiesta Wrap
Beef & Broccoli Bowl
Black Bean Fiesta Wrap (V)
Chef Salad
 Tomato & Cucumber Salad
 Broccoli, Cauliflower & Carrots
 Grapes
 Mandarin Oranges

27
Pasta Pockets (V) & Meatballs (optional)
Baked Chicken & Roll
Tuna Salad Sandwich
Ham Wrap
 Fresh Veggie Bowl
 Corn
 Banana
 Applesauce

28
Fish Sticks*
Lasagna*
Grilled Chicken Wrap
Baked Potato & Cheese (V)
Garlic Toast*
 Peas
 Carrot Sticks
 Fresh Fruit
 Fruit Cocktail
 Chocolate Chip Cookie



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