

ANNVILLE-CLEONA ELEMENTARY SCHOOLS

AUGUST & SEPTEMBER 2009

LUNCH MENU

Wellness Tip of the Month
Go for Grains!! Whole grains keep your body healthy. The Nutrition Group strives to include whole grain foods on a regular basis at both breakfast and lunch

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
AUGUST 31 <i>Welcome Back Picnic</i> Hamburger or Cheeseburger or Hot Dog Tossed Salad/Dressing Fresh Fruit	SEPTEMBER 1 CHICKEN POPPERS Mashed Potatoes/Gravy Whole Wheat Bread/Margarine Chilled Pears <u>Alternates</u> Peanut Butter & Jelly Sand. Toasted Cheese SALAD: Chef Salad	TEX-MEX BEEF NACHOS Steamed Corn Pineapple Tidbits <u>Alternates</u> Peanut Butter & Jelly Sand Chicken Tenders SALAD: Antipasto	BREAKFAST FOR LUNCH French Toast Sticks/Syrup Sausage, Tator Tots & 100% Juice Cup <u>Alternates</u> Peanut Butter & Jelly Sand Chicken Patty SALAD: COBB	NO SCHOOL
LABOR DAY 7 NO SCHOOL	CHICKEN TENDERS 8 Mashed Potatoes/Gravy Bread with Margarine Chilled Peaches <u>Alternates</u> Peanut Butter & Jelly Sand Toasted Cheese SALAD: Chef Salad	RIB BBQ SANDWICH 9 Steamed Carrots Fresh Orange <u>Alternates</u> Peanut Butter & Jelly Sand Chicken Tenders SALAD: Antipasto	PORK CHOPPETTE 10 Mashed Potatoes/Gravy Roll with Margarine Pineapple Tidbits <u>Alternates</u> Peanut Butter & Jelly Sand Chicken Patty SALAD: COBB	CHEESE PIZZA 11 Side Tossed Salad with Dressing Petite Banana <u>Alternates</u> Peanut Butter & Jelly Sand Salad: Chicken Caesar Salad
OPEN FACED TURKEY SANDWICH/GRAVY 14 Steamed Mixed Vegetables Fresh Apple <u>Alternates</u> Peanut Butter & Jelly Sand Hot Dog SALAD: Chicken Popper	Chicken Nuggets 15 Whipped Potatoes/Gravy Roll with Margarine Chilled Pears <u>Alternates</u> Peanut Butter & Jelly Sand Toasted Cheese SALAD: Chef Salad	TACOS 16 Steamed Carrots Fresh Orange <u>Alternates</u> Peanut Butter & Jelly Sand Chicken Tenders SALAD: Antipasto	THE HOT DOG BAR 17 100% Juice Cup Baby Carrots with Dip <u>Alternates</u> Peanut Butter & Jelly Sand Chicken Patty SALAD: COBB	SAUSAGE PIZZA 18 Side Tossed Salad/Dressing Petite Banana <u>Alternates</u> Peanut Butter & Jelly Sand Salad: Chicken Caesar Salad
BEEF RAVIOLI 21 Steamed peas Mixed Fruit Bread Slice with Margarine <u>Alternates</u> Peanut Butter & Jelly Sand Hot Dog SALAD: Chicken Popper	GRILLED CHICKEN SANDWICH 22 Mashed Potatoes/Gravy Bread with Margarine Fresh Apple <u>Alternates</u> Peanut Butter & Jelly Sand Toasted Cheese SALAD: Chef Salad	CHEESE STEAK SANDWICH 23 Baked Steak Fries 100% Juice <u>Alternates</u> Peanut Butter & Jelly Sand Chicken Tenders SALAD: Antipasto	BAKED HAM 24 Au Gratin Potatoes Steamed Green Beans Fresh Orange <u>Alternates</u> Peanut Butter & Jelly Sand Chicken Patty SALAD: COBB	CHEESE PIZZA 25 Side Tossed Salad/Dressing Petite Banana <u>Alternates</u> Peanut Butter & Jelly Sand Salad: Chicken Caesar Salad
CHICKEN PARMESAN 28 Seasoned Pasta Steamed Broccoli Fresh Apple <u>Alternates</u> Peanut Butter & Jelly Sand Hot Dog SALAD: Chicken Popper	CHICKEN POT PIE 29 Tossed Salad with Dressing Chilled Pears Bread Slice with Margarine <u>Alternates</u> Peanut Butter & Jelly Sand Toasted Cheese SALAD: Chef Salad	TOASTED CHEESE SANDWICH 30 Mixed Vegetables Chilled Peaches <u>Alternates</u> Peanut Butter & Jelly Sand Chicken Tenders SALAD: Antipasto		

Alternate Daily Lunch Favorites

A'La Carte Specialties

Monday –Baked Chips
 Tuesday: Ice Cream
 Wednesday: Cookies
 Thursday: Soft Pretzel
 Friday: String Cheese

All meals include choice of:
 2% Milk, 1% Chocolate, 1 %
 Vanilla, and Skim Milk \$.45

Lunch: \$1.70
 Reduced Lunch \$.40
 Adult Lunch \$2.90

A variety of fruits and
 vegetables are available daily.
 Selections may vary

**Menu Subject to
 Change**



*"Providing the Absolute Best
 in Food and Facility Management"*