

# September 2010

# Sattelite Lunch Menu

Mon	Tue	Wed	Thu	Fri
Aug 30 Baked Chicken Nuggets Teddy Grahams Green Beans Pineapple Tidbits Milk	Aug 31 French Toast Sticks Sausage Links Raisins Diced Pears Milk	1 Pizza Tossed Salad 100% Juice Milk	2 Cheeseburger on a Wheat Bun Mashed Potatoes Fresh Orange Milk	3 Italian Sub Meat with Cheese on a Wheat Bun Tossed Salad Diced Peaches Milk
6  <b>Labor Day</b>	7 Soft Beef Taco Taco Meat and Shredded Cheese Flour Tortilla Corn Mixed Fruit Milk	8 Pizza Tossed Salad 100% Juice Milk	9 Chicken Patty on a Wheat Bun Au Gratin Potatoes Fresh Banana Milk	10 Hot Dog on a Wheat Bun Baked Beans Diced Pears Milk
13 Baked Chicken Fingers Smart Cookie Green Beans Applesauce Milk	14 Salisbury Steak & Gravy Wheat Bread Mashed Potatoes Pineapple Tidbits Milk	15 Pizza Tossed Salad 100% Juice Milk	16 Mexican Nachos Taco Meat/Cheese/Chips Corn Diced Peaches Milk	17 Cold Ham and Cheese Sandwich on a Wheat bun Fresh Carrot Sticks Fresh Apple Milk
20 Soft Beef Taco Taco Meat and Shredded Cheese Flour Tortilla Corn Fresh Orange Milk	21 Cheeseburger on a Wheat Bun Mashed Potatoes Diced Pears Milk	22 Pizza Tossed Salad 100% Juice Milk	23 Baked Chicken Nuggets Wheat Roll Fresh Carrot Sticks Applesauce Milk	24 Bosco Sticks Tossed Salad Pineapple Tidbits Milk
27 Spaghetti & Meatballs Green Beans Diced Peaches Milk	28 French Toast Sticks Sausage Links Raisins Mixed Fruit Milk	29 Pizza Tossed Salad 100% Juice Milk	30 Chicken Patty on a Wheat Bun Au Gratin Potatoes Pineapple Tidbits Milk	October 1 Sliced Turkey & Gravy Wheat Bread Mashed Potatoes Fresh Banana Milk

No person shall be discriminated against because of race, color, sex, age or handicap. Any person who believes they have been discriminated against should contact the USDA Director, Washington DC

It's Cool  
To Be  
Back In  
School !



All Meals Include 1% or 2% Low Fat Milk

# October 2010



# Sattellite Lunch Menu

Mon	Tue	Wed	Thu	Fri
				1 Sliced Turkey & Gravy Wheat Bread Mashed Potatoes Fresh Banana Milk
4 Mexican Nachos Taco Meat/Cheese/Chips Corn Diced Pears Milk	5 Baked Chicken Fingers Smart Cookie Fresh Carrot Sticks Fresh Apple Milk	6 Pizza Tossed Salad 100% Juice Milk	7 Hot Dog on a Wheat Bun Baked Beans Diced Peaches Milk	8 Macaroni & Cheese Tossed Salad Applesauce Cup Milk
11 Baked Chicken Nuggets Teddy Grahams Green Beans Pineapple Tidbits Milk	12 French Toast Sticks Sausage Links Raisins Diced Pears Milk	13 Pizza Tossed Salad 100% Juice Milk	14 Bosco Sticks Fresh Celery Sticks Diced Peaches Milk	15 Italian Sub Meat with Cheese on a Wheat Bun Tossed Salad Fresh Orange Milk
18 Soft Beef Taco Taco Meat and Shredded Cheese Flour Tortilla Corn Mixed Fruit Milk	19 Macaroni & Cheese Tossed Salad Applesauce Cup Milk	20 Pizza Tossed Salad 100% Juice Milk	21 Chicken Patty on a Wheat Bun Au Gratin Potatoes Fresh Banana Milk	22 Manwich Sloppy Joes on a Wheat Bun Fresh Carrot Sticks Diced Pears Milk
25 Baked Chicken Fingers Smart Cookies Green Beans Fresh Apple Milk	26 Salisbury Steak & Gravy Wheat Bread Mashed Potatoes Pineapple Tidbits Milk	27 Pizza Tossed Salad 100% Juice Milk	28 Mexican Nachos Taco Meat/Cheese/Chips Corn Diced Peaches Milk	29 Cold Ham and Cheese Sandwich on a Wheat bun Fresh Celery Sticks Diced Pears Milk

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Happy Halloween



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