

LUNCH MENU

September 2010

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|--|--|
| | August 31 Chicken tenders sandwich white buns Iceberg Lettuce <i>Ranch dressing</i> | 1 Chicken fajita, 2 tortillas, Spanish rice, Green salad | 2 All beef hot dog with macaroni and cheese, green salad | 3 Beef teriyaki sautéed with broccoli served on white rice, Jell-O |
| 6 Labor Day School Closed | 7 Chicken kebab with rice salad Sliced bell peppers (green, orange, yellow) | 8 Hamburger (top sirloin beef) with cheese, lettuce & tomato on the side with baked fries ketchup / mustard | 9 Shredded beef taco in hard shell with sliced lettuce, shredded cheese & salsa on the side, Jell-O | 10 Chicken Nuggets white meat (4piece) french fries, green salad Jell-O |
| 13 Grilled cheese melt baked fries lettuce salad with ranch, tomato wedge & celery sticks, Jell-O | 14 Roast beef with mushrooms, mashed potatoes, gravy, steamed peas & carrots | 15 Chicken tenders sandwich white buns Iceberg Lettuce Ranch dressing | 16 Thin crust pizza with mushroom and/or pepperoni topping, Caesar Salad w/ croutons | 17 Beef fajita, 2 tortillas, Spanish rice, guacamole, sour cream |
| 20 Grilled cheese melt baked fries lettuce salad with ranch, tomato wedge & celery sticks, Jell-O | 21 Armenian Republic Independence Day | 22 Chicken Patties Hash browns Iceberg lettuce Ranch dressing | 23 Lule kebob with bulgur pilaf and pita bread with labne, Armenian salad | 24 Ceasar Salad with white Chicken meat Baked potato |
| 27 Shell pasta w/ garlic, basil, sliced tomato, garlic bread, Iceberg lettuce with ranch dressing, Jell-O | 28 Cheese quesadilla Side of pinto beans & celery sticks & bell pepper wedges with ranch dip, <i>Jell-O</i> | 29 Chicken fajita, 2 tortillas, Spanish rice, Green salad | 30 All beef hot dog with macaroni and cheese, green salad | 1 Beef teriyaki sautéed with broccoli served on white rice, Jell-O |