



# September 2010 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>SLEEP FOR SUCCESS!</b> Getting enough sleep affects learning and memory, weight and metabolism, mood, cardiovascular health, and your immune system's ability to fight disease. <i>How much is enough?</i></p> <ul style="list-style-type: none"> <li>• 3 - 6 year olds 10-12 hours</li> <li>• 7-12 year olds 10-11 hours</li> <li>• 12 - 18 year olds 8-9 hours</li> </ul>		<p><b>1</b> Grilled chicken Rice Steamed broccoli Salad bar Fresh fruit</p>	<p><b>2</b> Turkey or cheese sub Chicken noodle soup Salad bar Fresh fruit</p>	<p><b>3</b> Assorted pizza Salad Bar Fresh fruit</p>
<p><b>6</b> <b>No School</b> <b>No Extended Care</b></p> <p><b>Labor Day</b></p>	<p><b>7</b> Ham steak Mashed potatoes Fresh green beans Salad bar Fresh fruit</p>	<p><b>8</b> Taco salad with beans or chicken Salad bar Fresh fruit</p>	<p><b>9</b> Tuna or cheese sandwich Vegetable soup Salad bar Fresh fruit</p>	<p><b>10</b> Assorted pizza Salad Bar Fresh fruit</p>
<p><b>13</b> Pasta with marinara or meat sauce Salad bar Fresh fruit</p>	<p><b>14</b> Homemade turkey meatloaf Mashed potatoes and gravy Mixed veggies Salad bar Fresh fruit</p>	<p><b>15</b> Hot dog or veggie burger Baked beans Salad bar Fresh fruit</p>	<p><b>16</b> Sloppy Joes Pasta salad Salad bar Fresh fruit</p>	<p><b>17</b> <b>No School</b> <b>No Extended Care</b></p> <p><b>Faculty inservice</b> <b>Yom Kippur</b></p>
<p><b>20</b> Pasta primavera Salad bar Fresh fruit</p>	<p><b>21</b> Grilled chicken Rice Steamed broccoli Salad bar Fresh fruit</p>	<p><b>22</b> Jambalaya (sausage and veggies with rice) Green beans Salad bar Fresh fruit</p>	<p><b>23</b> Turkey wrap Minestrone soup Baby carrots Salad bar Fresh fruit</p>	<p><b>24</b> Assorted pizza Salad Bar Fresh fruit</p>
<p><b>27</b> Lasagna (veggie or meat) Salad bar Fresh fruit</p>	<p><b>28</b> Chicken tenders Sweet potato fries Roasted veggies Salad bar Fresh fruit</p>	<p><b>29</b> Chicken/veggies stir fry over rice Salad bar Fresh fruit</p>	<p><b>30</b> Grilled cheese Tomato soup Mixed veggies</p>	
<p><b>BREAKFAST IS BIG!</b> Students who eat breakfast perform better on tests, have more energy, and get along better with others. Those who eat breakfast are also less likely to be overweight.</p>			<p><b>Alternate Choices with salad bar</b></p> <ul style="list-style-type: none"> <li>• Peanut butter sandwich</li> <li>• Cheese sandwich</li> </ul>	<p>Water, milk and juice are served with each meal. <i>Menu is subject to change.</i></p>