




# Breakfast & Lunch Menus September 2010 Morrisonville Elementary School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New Breakfast Menu Items!!!! <i>Start your Day</i>  <b>Monday</b> – Hot Ham &amp; Cheese on Eng. Muffin                      Fruit/ Milk  <b>Tuesday</b> – Brkfst Pizza                      Fruit / Milk</p>	<p><b>Wednesday</b> - Cereal                      Wheat Toast PB&amp;J                      Fruit Juice / Milk  <b>Thursday</b> – Combo                      Bar Graham Crackers                      Fruit/ Milk</p>	<p><b>Friday</b> – Bagel w/ PB                      or Lowfat Cr Cheese                      Fruit / Milk  <i>Milk Variety Daily:</i>                      ½% Chocolate Milk                      ½% Strawberry Milk                      1%, &amp; Fat free Milk</p>	<p>1                       No School                      Superintendent’s Day</p>	<p>2                       No School                      Superintendent’s Day</p>	<p>3 <u>2010/11 Meal Prices</u>                      Brkfst: K-12 \$1.25                      Reduced: \$.25                      Lunch: K-5: \$1.85                      Reduced: \$.25                      Adult: \$3.55 Milk: \$.55</p>	<p>4 <i>Welcome</i>  <i>Mrs. Moore!!!!</i>   <u><b>Nutrient Analysis</b></u>  <u><b>Weekly Averages</b></u></p>
<p>5 Please submit all Free and Reduced Applications to your child’s school As Soon As Possible.                      Thank you!!</p>	<p>6                        No School –Labor Day</p>	<p>7 Welcome Back!!!                      Chicken Nuggets w/ Dipping Sauces                      Brown Rice                      Cut Green Beans                      Wheat Roll                      Chilled Fruit/ PB&amp;J</p>	<p>8 Pizza (Cheese,Pepp)                      Tossed Salad/ Dressing                      Mozzarella Sticks                      Mixed Fruit                      PB &amp; J Sandwich</p>	<p>9 Hamburger w/ or w/out Cheese on Wheat Bun -                      Lettuce/ Tomato                      Brown Rice                      Peas &amp; Carrots                      Cinn Applesauce                      Turkey Sandwich</p>	<p>10 Hot Ham &amp; Cheese on Wheat Roll                      Cucumber &amp; Tomatoes w/ Ranch Dressing/Pickles                      Frozen Iced Juice Bar                      Raisins                      PB &amp; J Sandwich</p>	<p>11 685 Calories                      30 % Total Fat                      9 % Saturated Fat                      5 gm. Fiber                      1208 gm Sodium</p>
<p>12 Any <u><b>*Foods listed</b></u> as above means that there are NUTS in them.</p>	<p>13 Italian Dunkers (Melted Cheese on Wheat roll, Marinara)                      Broccoli                      Peaches/<u><b>*Trail Mix</b></u>                      Turkey Sandwich</p>	<p>14 Egg or Tuna Salad Sand, on Wheat Bread                      Lettuce/ Tom/Onion                      Pretzel Rods                      Pickles                      Banana/ PB &amp; J</p>	<p>15 Hot Turkey/Cheese on Bagel                      Carrot &amp; Celery Sticks w/ Ranch Dressing                      Apple Slices w/ <u><b>*Peanut Butter</b></u></p>	<p>16 Chef’s Salad                      Soft Pretzel w/Cheese                      Black Forest Cake w/ Topping                      PB &amp; J Sandwich</p>	<p>17 Pizza (Cheese,Pepp)                      Tossed Salad/ Dressing                      Pears  <u><b>*Fruit &amp; Nut Trail Mix</b></u>                      Turkey Sandwich</p>	<p>18 664 Calories                      30 % Total Fat                      8 % Saturated Fat                      7 gm. Fiber                      1165 gm Sodium</p>
<p>19  <u><i>Alternative Sandwiches Listed daily.</i></u>  <u><i>Questions regarding our Menus:</i></u>                      565-5932.</p>	<p>20 Hamburger w/or w/out Cheese on Wheat Bun                      Lettuce/ Tomato                      Brown Rice                      Peaches                      PB &amp; J Sandwich</p>	<p>21 Ham/Tuna/Turkey Sub on Wheat Roll                      Lettuce/ Tom/Onion                      Veggie Mac. Salad                      Pickles                      * <u><b>Cherry Cobbler</b></u></p>	<p>22 Chicken Patty on Wheat Bun/Lett/Tom                      Pickles/ Tater Tots                      Assorted Chilled Fruit                      PB &amp; J Sandwich</p>	<p>23 Early Release K-5                      Hot Dog on Wht Bun                      Pretzel Rods                      Carrot Sticks/ Ranch                      Pears/ Raisins                      Turkey Sandwich</p>	<p>24 Pizza (Cheese,Pepp)                      Cut Green Beans                      Peaches  <u><b>*Fruit &amp; Nut Trail Mix</b></u>                      PB &amp; J Sandwich</p>	<p>25 664 Calories                      29 % Total Fat                      7 % Saturated Fat                      6 gm. Fiber                      1181 gm Sodium</p>
<p>26  </p>	<p>27 PB &amp; J Sandwich                      Pretzel Rods                      Assorted Fresh Veggies                      Ranch Dressing                      Pears                      Ham Sandwich</p>	<p>28 Top a Baked Potato (Meat, Shred. Cheese, Broccoli, Lettuce, Sour Cream, Salsa)                      Wheat Roll                      Harvest Pear Cake w/ Topp/ PB &amp; J</p>	<p>29 Pancakes or Waffles                      Ham Slice                      Maple Syrup                      Orange Halves                      Applesauce                      Raisins                      PB &amp; J Sandwich</p>	<p>30 Nachos (Meat, shred cheese, lettuce, salsa, onions, sour cream)                      Brown Rice/ Corn                      Banana                      Turkey Sandwich</p>	<p></p>	<p>684 Calories                      29 % Total Fat                      8 % Saturated Fat                      6 gm. Fiber                      914 gm Sodium</p>