
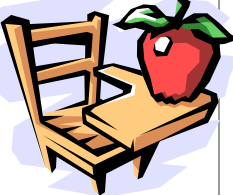



Breakfast & Lunch Menus September 2010 Saranac Middle/ High School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New Breakfast Menu Items!!!! <i>Start your Day</i></p> <p>Monday – Hot Ham & Cheese on Eng. Muffin Fruit/ Milk</p> <p>Tuesday – Brkfast Pizza Fruit / Milk</p>	<p>Wednesday - Cereal Wheat Toast PB&J Fruit Juice / Milk</p> <p>Thursday – Combo Bar Graham Crackers Fruit/ Milk</p>	<p>Friday – Bagel w/ PB or Lowfat Cr Cheese Fruit / Milk</p> <p><i>Milk Variety Daily:</i> ½% Chocolate Milk ½% Strawberry Milk 1%, & Fat free Milk</p>	<p>1</p> <p>No School Superintendent’s Day</p>	<p>2</p> <p>No School Superintendent’s Day</p>	<p>3 <u>2010/11 Meal Prices</u> Brkfast: K-12 \$1.25 Reduced: \$.25 Lunch: 6-12: \$2.00 Reduced: \$.25 Adult: \$3.55 Milk: \$.55</p>	<p>4</p> <p style="text-align: center;"><u>Nutrient Analysis</u> <u>Weekly Averages</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</p> <div style="text-align: center;">  No School –Labor Day </div>	<p>7 Welcome Back!!! Chicken Nuggets w/ Dipping Sauces Brown Rice Cut Green Beans Wheat Roll Chilled Fruit</p>	<p>8 Pizza (Cheese,Pepp) Tossed Salad/ Dressing Mozzarella Sticks Mixed Fruit</p>	<p>9 Hamburger w/ or w/out Cheese on Wheat Bun Lettuce/ Tomato Brown Rice Peas & Carrots Cinn Applesauce/Raisin</p>	<p>10 Hot Ham & Cheese on Wheat Roll Baked French Fries Cucumber & Tomatoes w/ Ranch/ Pickles Frozen Iced Juice Bar / Raisins</p>	<p>11 828 Calories 24 % Total Fat 7 % Saturated Fat 8 gm. Fiber 1236 gm Sodium</p>
<p>12 Any *Foods listed as above means that there are NUTS in them. <u>Questions regarding our Menus:</u> 565-5666</p>	<p>13 Italian Dunkers (Melted Cheese on Wheat roll, Marinara) Broccoli Peaches <u>*Trail Mix</u></p>	<p>14 Egg or Tuna Salad Sand, on Wheat Bread Lettuce/ Tom/Onion Pretzel Rods Pickles Banana/ Raisins</p>	<p>15 Hot Turkey w/or w/out Cheese on Bagel Carrot & Celery Sticks w/ Ranch Dressing Apple Slices w/*PB <u>**Trail Mix</u></p>	<p>16 Chef’s Salad Soft Pretzel w/Cheese Brown Rice Black Forest Cake w/ Topping Raisins</p>	<p>17 Pizza (Cheese,Pepp) Tossed Salad/ Dressing Wheat Bread Slice Pears <u>** Trail Mix</u></p>	<p>18 825 Calories 25 % Total Fat 7 % Saturated Fat 9 gm. Fiber 1199 gm Sodium</p>
<p>19 <u>Middle School/HS Cafeterias: lots of varieties of menu items daily, including: Chef’s Salad, Variety Sandwiches, Veg/Cheese Platters, Fruit & Yogurt parfaits, Soup.</u></p>	<p>20 Hamburger w/or w/out Cheese on Wheat Bun Lettuce/ Tomato Brown Rice Peaches <u>*Fruit & Nut Trail</u></p>	<p>21 Ham/Tuna/Turkey Sub on Wheat Roll Lettuce/ Tom/Onion Veggie Mac. Salad Pickles - <u>** Cherry Cobbler/Topp</u></p>	<p>22 Chicken Patty on Wheat Bun/Lett/Tom Pickles/ Brown Rice Assorted Chilled Fruit</p>	<p>23 Hot Dog on Wheat Bun Baked French Fries Carrot Sticks/ Ranch Pears Raisins</p>	<p>24 Pizza (Cheese,Pepp) Cut Green Beans Peaches <u>** Trail Mix</u></p>	<p>25 825 Calories 26 % Total Fat 6 % Saturated Fat 8 gm. Fiber 1200 gm Sodium</p>
<p>26</p> <div style="text-align: center;">  </div>	<p>27 Oven Bk Chicken Brown Rice Assorted Fresh Veggies Ranch Dressing Pears <u>*Fruit & Nut Trail</u></p>	<p>28 Top a Baked Potato (Meat, Shred. Cheese, Broccoli, Lettuce Sour Cream, Salsa) Wheat Roll Harvest Pear Cake w/ Topping</p>	<p>29 Pancakes or Waffles Ham Slice Maple Syrup Orange halves Applesauce</p>	<p>30 Nachos (Meat, shred cheese, lettuce, salsa, onions, sour cream) Brown Rice/ Corn Banana</p>	<div style="text-align: center;">  </div>	<p>792 Calories 26 % Total Fat 7 % Saturated Fat 8 gm. Fiber 1044 gm Sodium</p>