

SOUTHWEST ELEMENTARY LUNCH MENU



SEPTEMBER 2009

ADULT \$2.65

STUDENT \$1.70

WATER .60

JUICE or MILK .50

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| | Muffin, Cheese Stick Fruit, & Milk | Egg & Cheese Hot Pocket Fruit, & Milk | French Toast Sticks w/Syrup Yogurt, Fruit & Milk | Sausage Biscuit Juice, & Milk |
| | Fish Macaroni & Cheese Steamed Carrots Cole Slaw Fresh Fruit Milk 1 | Chicken Stir Fry over Brown Rice Fresh Veggies w/ Dip Mixed Fruit Salad Wackey Cake Milk 2 | Pulled Pork Sandwich Green Beans Mashed Potatoes Fresh Fruit Milk 3 | Pizza Corn Celery w/ Peanut Butter Chilled Fruit Milk 4 |
| | Muffin, Cheese Stick Fruit, & Milk | Breakfast Pizza Fruit, Milk | Mini Pancake Wraps w/ Syrup Fruit, Milk | Egg & Cheese Biscuit Juice, Milk |
| NO SCHOOL | Teriyaki Chicken Strips W/ Egg Roll Stir Fry Vegetables Fries Rice Fresh Fruit Milk 7 | Spaghetti w/ Italian Bread Green Peas Mixed Fruit Salad Gelatin Milk 8 | Breaded Baked Chicken w/Whole wheat roll Green Beans Scalloped Potatoes Fresh Fruit Milk 9 | Pizza Corn Tossed Salad Fruit Freezie Milk 10 |
| Waffle Sticks w/ Syrup Sausage, Juice & Milk | Muffin, Cheese Stick Fruit, & Milk | Egg & Cheese Hot Pocket Fruit, & Milk | French Toast Sticks w/Syrup Yogurt, Fruit & Milk | Sausage Biscuit Juice, Milk |
| Cheeseburger Lettuce, Tomato & Pickles Baked Fries Juice Milk 14 | Mini Corn Dogs Steamed Broccoli Fresh Veggies w/dip Fresh Fruit Milk 15 | Shepard's Pie w/Whole wheat roll Mixed Vegetables Mixed Fruit Salad Cookie Milk 16 | Chicken Patty Sandwich Lettuce, Tomato & Pickles Green Beans Fresh Fruit Milk 17 | Pizza Corn Celery w/ Peanut Butter Chilled Fruit Milk 18 |
| | Muffin, Cheese Stick Fruit, & Milk | Breakfast Pizza Fruit, Milk | Mini Pancake Wraps w/ Syrup Fruit, Milk | Egg & Cheese Biscuit Juice, Milk |
| NO SCHOOL | Beef Taco Lettuce & Tomato Baby carrots w/dip Fresh Fruit Milk 21 | Chicken Nuggets w/Whole wheat roll Mashed Potatoes Green Beans Fruit Cobbler Milk 22 | Chili w/Cheese Roll Green Peas Tossed Salad Fresh Fruit Milk 23 | Pizza Corn Fruit Freezie Manager's Choice Milk 24 |
| Waffle Sticks w/ Syrup Sausage, Juice & Milk | Muffin, Cheese Stick Fruit, & Milk | Egg & Cheese Hot Pocket Fruit, & Milk | | |
| BBQ Rib Sandwich Cauliflower w/cheese Fresh Veggies w/dip Juice Milk 28 | Chicken & Dumplings w/Bread Mixed Vegetables Black Eyed Peas Fresh Fruit Milk 29 | Lemmon Pepper Fish w/Whole wheat roll Green Beans Mixed Fruit Salad Pudding Milk 30 | | |

*****THIS MENU SUBJECT TO CHANGE.

*** This institution is an equal opportunity provider and employer

***Student may choose one entree and three sides. A variety of milk is offered daily.