

Menus for September 2009

Mon	Tue	Wed	Thu	Fri
		9 Pasta and Tomato sauce Baguette Mixed Green Salad Fruit	10 Beef Chili w/Tortilla Chips Cheddar & Sour Cream Veggies & Dip Pudding Cups	11 Chicken Hot Dogs Caesar Salad Chips Cookies
14 Chicken Drumsticks Tater Tots Corn on the Cob Fruit	15 Pasta and Tomato sauce Veggies and Dip Fruit	16 Hamburgers Caesar Salad Rice Krispie Squares	17 Chicken Noodle Soup Ham and /or Cheese Sandwiches Potato Chips Fruit	18 Mac & Cheese Cucumber & Carrot Sticks Yogurt
21 Pork Loin with Gravy Buttered Peas Roast Potatoes Cookies	22 Pasta and Tomato sauce Veggies and Dip Jello	23 Chicken Fajitas Lettuce, Salsa, Sour Cream & Cheddar Cheese Banana Bread	24 Beef Hot Dogs Green Salad Yogurt	25 PARENTS ASSOCIATION PIZZA DAY
28 Meat Balls Rice Pilaf Veggies & Dip Fruit	29 Pasta and Tomato sauce Veggies and Dip Ice Cream Sandwich	30 Beef Tacos Lettuce, Cheese, Sour Cream & Salsa Veggies & Dip Fruit		

Milk will be served with each meal unless otherwise arranged.

Turn over for October



Menus for October 2009

Mon	Tue	Wed	Thu	Fri
			1 Chicken Hot Dogs Caesar Salad Popsicle	2 Flat Bread Pizza with Cheese or Pepperoni Caesar Salad Fruit
5 BBQ ¼ Chicken Steamed Carrots Rice Pilaf Fruit	6 Pasta and Tomato sauce Veggies and Dip Cookie	7 Beef Hot Dogs Carrots & Green Peppers Pretzels Vanilla Cake	8 Chicken Noodle Soup Bagel and Cream Cheese Caesar Salad Fruit	9 Parents Association BBQ Terry Fox Day Early Dismissal
12 Thanksgiving	13 Pasta and Tomato sauce Veggies and Dip Yogurt	14 Chicken Burger Potato Chips Veggies & Dip Cookies	15 Mac & Cheese Caesar Salad Chocolate Loaf	16 Beef Kebobs ½ Pita Celery Sticks & Dip Fruit
19 Pork Breakfast Sausages Roast Potatoes Carrot & Cucumber Sticks Pudding	20 Pasta and Tomato sauce Veggies and Dip Cookie	21 Personal Pizza with Cheese or Pepperoni Caesar Salad Fruit	22 Chicken Hot Dogs Green Salad Jello	23 Chicken Parmigiana Veggie Sticks Steamed Rice Rice Krispie Squares
26 Mac & Cheese with Bacon Tomato Cucumber Salad Cupcake	27 Pasta and Tomato sauce Veggies and Dip Fruit	28 Beef Fajitas Lettuce, Cheese, Salsa & Sour Cream Veggie Sticks Cookies	29 Chicken Noodle Soup Turkey and/or Cheese Sandwiches Chocolate Loaf	30 PARENTS ASSOCIATION PIZZA DAY

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