



# September 2007

## East End & Stigall Lunch



### School News

Minimum Requirements:  
 Meat/Meat Alt: 2 oz.  
 Grains/Breads: 8 svg./wk  
 Fruit/Veg: ¾ c/day  
 Milk (choices): 8 oz.

"USDA is an equal opportunity provider and employer."

\* - New Menu Item of the Month  
 Highlighted - Healthy Star Food



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**3** No School

**4**  
 Ravioli Casserole  
 Steamed Broccoli  
 Fries  
 Fruit, Milk

**5**  
 Chicken Breast Strips  
 Corn on Cobb  
 Potato Wedges  
 Fruit, Roll, Milk

**6**  
 Baked Chicken  
 Lima Beans  
 Mashed Potatoes/Gravy  
 Fruit, Roll, Milk

**7**  
 Pizza  
 Veggie Blend Normandy  
 Onion Rings  
 Fruit, Milk

**10**  
 Baked Ham  
 Calif. Mixed Veggies  
 Whipped Potatoes  
 Fruit, Roll, Milk

**11**  
 Corn Dog  
 Mexicali Corn  
 Fries  
 Fruit, Milk

**12**  
 \*Chicken a la King  
 Green Beans  
 Scalloped Potatoes  
 Fruit, Milk

**13**  
 Manager's Choice  
 Tossed Salad  
 ½ Baked Potato  
 Fruit, Roll (?), Milk

**14**  
 BBO Sandwich  
 Coleslaw  
 Baked Beans  
 Fruit, Milk

**17**  
 Beef Fingers  
 Fries  
 Blackeyed Peas  
 Fruit, Roll, Milk

**18**  
 Salisbury Steak/Gravy  
 Cheesy Potatoes  
 Veggie Blend Normandy  
 Fruit, Roll, Milk

**19**  
 Italian Spaghetti  
 Green Beans  
 Corn on Cobb  
 Fruit, Toast, Milk

**20**  
 Beef-a-roni  
 Sweet Potato Pie  
 Lima Beans  
 Fruit, Roll, Milk

**21**  
 Pizza  
 Peas & Carrots  
 Tater Tots  
 Fruit, Milk

**24**  
 Oven Crispy Fish  
 Cabbage  
 Turnip Greens  
 Cornbread, Fruit, Milk

**25**  
 Hot Ham & Cheese Sand.  
 Mac & Cheese  
 5 way Mixed Veggies  
 Fruit, Milk

**26**  
 Chili Dog  
 Corn  
 Tossed Salad  
 Fruit, Milk

**27**  
 Manager's Choice  
 Broccoli/Cheese  
 Brown Rice  
 Fruit, Roll (?), Milk

**28**  
 Bologna Sandwich  
 Fries  
 Blackeyed Peas  
 Fruit, Milk