Biscuit, Steamed Corn,

and Carrots w/ Ranch

Watermelon

Teryaki Beef Dippers, 24

Rice, Vegetable Blend,

Mini Egg Roll,

Pineapple Tidbits

2 YOGURT PARFAIT

3 CHEF SALAD

SEPI

2 YOGURT PARFAIT

CHEF SALAD

SEPTEMBER 2010 MEAL PRICE: \$2.60 This institution is an equal opportunity provider and employer. For any questions & information contact

Sue Lambers: slambers@hollandchristian.org

Milk Only .50

Milk is included with lunch. **Chocolate Non-fat** or 1% White milk.

MONDAY Strawberry Yogurt Parfait Parfait, Mini Bagel, Carrots, Ranch,

Granola

TUESDAY

Warm Pretzel

& Cheese

Pretzel, Cheese

sauce, Fresh

Broccoli, Apple Slices,

Danimals Yogurt

SEPT SEPT SEPT SEPT SEPT Chicken Nuggets, Cinnamon French Toast,) Mini Corn Dogs, Domino's Roll, Sausage Link, Macaroni and Cheese, Pizza Corn, Potato Wedge, Brocolli, Cheese Pizza. Watermelon Juice Choice. Grapes Salad Bar, Peaches Fruit Slushies 2 TURKEY SUB BAG PRETZEL BAG 2 COCOA PUFFS BAG 3 CHEF SALAD 3 CHEF SALAD 3 CHEF SALAD SEPI SEPT SEPT SEPI SEPT]} 14 Dorito Walking 12 Rotini Beef Pasta, Chicken Patty on Bun, | Dutch Waffle, Domino's Garlic Bread, Leaf Lettuce, Strawberry Cup, **Beef Tacos** Pizza Fun Size Chips, Green Beans, Potato Triangle, Cheese, Lettuce, Salsa, Cheese Pizza Applesauce Fresh Carrots, Black Beans, Corn 2 Sausage Links, Salad Bar, Peach Cup Juice Cup Mandarin Oranges Fruit Slushies 2 PRETZEL BAG 2 COCOA PUFFS BAG 2 TURKEY SUB BAG 2 YOGURT PARFAIT 3 CHEF SALAD 3 CHEF SALAD 3 CHEF SALAD 3 CHEF SALAD SEP SEPT SEPT SEPT SEPT Tyson Chicken Tenders Meatball/Mozzarella/ 21 Pillsbury Mini Pancakes,

2 Turkey Sub Bag Turkey & Cheese Sub, Juice, Apple Slices, Mini Rice Krispie treat

2 Cocoa Puffs Cereal Bag

Cocoa Puffs, Strawberry Banana Yogurt, Sunflower Seeds, Carrots, Pineapple

FRIDAY

Strawberry Yogurt Parfait Parfait, Mini Bagel, Carrots, Ranch, Granola

CHOICE 3

Fresh Apples 2 PRETZEL BAG

Hot Dog on Bun,

Baked Beans,

Smart Popcorn,

Watermelon

2 PRETZEL BAG

3 CHEF SALAD

Bosco Breadsticks,

Marinara Sauce,

Fresh Broccoli, Carrots,

3 CHEF SALAD

SEPT

Fresh Oranges, Mango Wango Juice 2 TURKEY SUB BAG

Chéese Omelet,

3 CHEF SALAD SEPT

Chicken Nuggets,

Roll, Mixed Vegetables,

Assorted Fresh Fruit

21 2 Beef Tacos, Lettuce, Salsa, Cheese, Black Beans and Corn, Mandarin Oranges

SEPT

Marinara Sub,

Fresh Green

and Red Peppers,

Fresh Grapes

2 COCOA PUFFS BAG

3 CHEF SALAD

26

2 COCOA PUFFS BAG

3 CHEF SALAD

Domino's Pizza Cheese Pizza Salad Bar, **Fruit Slushies**

Domino's

Pizza

Cheese Pizza

Salad Bar,

Fruit Slushies

28

SEPT

Chef Salad Egg, Ham, Turkey, Tomato, Cheese, Croutons, Garbanzo beans, Roll, Fruit Cup

GO TO LUNCHAPP.COM TO APPLY FOR FREE/REDUCED LUNCH BENEFITS (CONVENIENT & CONFIDENTIAL). HOT LUNCH IS A PREPAY PROGRAM. YOU MAY DEPOSIT MONEY AT: SENDMONEYTOSCHOOL.COM OR DROP OFF A CHECK AT SCHOOL

2 TURKEY SUB BAG

3 CHEF SALAD



SALAD BAR with all meal options

Cherry Tomatoes, Broccoli, Cauliflower, Carrots, Edamame Beans, Spinach, Peas. Other choices may include Cucumbers, Peppers, Snap Peas. Served with croutons, Cheese and Ranch, Italian & French Dressings.