



October 2009

David Ellis-Detroit

Monday, September 28, 2009

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

			1 Salisbury Steak w/gravy 3 oz Mashed Potatoes 4oz Carrots & Dip 4oz Wheat Bread Slice Juice	2 Closed
5 Beef Nachos 3oz Cheese, Lettuce & Taco Sauce Mexican Rice 4 oz Diced Pears 4oz Chef's Treat (1)	6 Cheeseburger on Wheat Bun 2.4 oz Dill Pickel Spear (2) Diced Potatoes 4oz Grapes (1 bunch)	7 Chicken Nuggets w/ BBQ Dip 4 pcs Diced Potatoes 4oz Banana (1) Cheese Goldfish Crackers	8 Chicken Quesedilla Seasoned Corn 4 oz Applesauce 4oz Sugar Cookie	9 Little Ceasar's Pizza 1 slice Salad w/ Ranch Dressing 4 oz Apple Slices w/ Caramel dip Juice
12 Cheeseburger Casserole Salad w/ Ranch Dressing 4 oz Fruit Cocktail 4oz Corn Bread (1)	13 Swedish Meatballs w/Noodles (5 pc) Salad w/ Ranch Dressing 4 oz Orange (1) Brownie (1)	14 Chicken & Cheese on Bun w/Mayo Diced Potatoes 4oz Banana (1) Troll Cookie	15 Sweet & Sour Chicken 4 oz Rice 4oz Applesauce 4oz Oatmeal Cookie Juice (6 oz)	16 Little Ceasar's Pizza 1 slice Salad w/ Ranch Dressing 4 oz Pudding Cup (1) Juice (6 oz)
19 BBQ Turkey on a bun Mandarin Oranges 4 oz Salad w/ Ranch Dressing 4 oz Chef's Treat (1)	20 Pepper Steak (4 pc) Rice 4oz Fruit Stick (1) Grapes (1 bunch) Dinner Roll w/Margarine (1)	21 Chicken Teriyaki 6oz w/pepper & pineapple Rice 4oz Carrots & Dip 4oz Banana (1)	22 Rotini Pasta w/ Meat Sauce 6oz Green Beans 4oz Apple (1) Garlic Bread (2)	23 Little Ceasar's Pizza 1 slice Salad w/ Ranch Dressing 4 oz Pudding (Chocolate) Juice
26 Turkey Chili w/Beans 6oz Fruit Stick (1) Corn Bread (1) Grapes (1 bunch) Juice (6 oz)	27 BBQ Meatballs (5) Mac & Cheese 4oz Greens 4oz Orange (1)	28 Mini Chicken Corn Dogs (6) Mixed Veggies 4oz Banana (1) Pumpkin Seeds (Shelled)	Chicken Quesedilla Potato Patty (1) w/ketchup Dill Pickel Spear (2) Applesauce 4oz	Little Ceasar's Pizza 1 slice Salad w/ Ranch Dressing 4 oz Pudding (Chocolate) Juice



All lunches include:
 milk, fruits and/or vegetables,
 bread or bread equivalent,
 meat or meat equivalent.

In the operation of child
 feeding programs, no child
 will be discriminated against
 because of race, sex, color,
 national origin, age or
 handicap.

Weekly Nutritional Average: 661
 Calories from fat, 6% calories
 from saturated fat, 2694 IU
 vitamin A, 33 mg. Vitamin C, 8
 mg. Calcium, 477 mg. iron.
 School Lunch Requirements:
 Milk as a beverage 8 oz. Meat or
 Meat Alternative 2 oz.
 Vegetables/Fruit 2 or more
 servings of vegetables or fruit or
 both. Minimum of 1 Servings per
 day.