

EAST SIDE ELEMENTARY

SEPTEMBER

2010

Monday

Tuesday

Wednesday

Thursday

Friday

Did You Know?

The sentence, "The quick brown fox jumps over a lazy dog", uses every letter of the alphabet!

LABOR DAY HOLIDAY
NO SCHOOL

French Toast Sticks 13
Turkey Bacon Melt or Tuna Salad Sandwich, Sweet Potatoes Salad, Fruit

Breakfast Burrito 20
Steak & Gravy/Roll or Crispy Chicken Wrap Creamed Potatoes Mixed Veggies, Fruit

Biscuit & Gravy 27
Pork Riblet Sandwich or Grilled Cheese Sandwich Parsley Potatoes Baby Carrots, Sherbet

Chicken Biscuit 7
Sloppy Joe with Cheese or PB/Jelly Sandwich, Oven Brown Potatoes Glazed Carrots, Fruit

Breakfast Pizza 14
Meatloaf/Roll or Bologna/Cheese Sandwich, Creamed Potatoes, Salad, Fruit

Pancakes 21
Corn Dog Nuggets or PB/Jelly Sandwich Peas, Salad, Fruit

French Toast Sticks 28
Chicken Nuggets/Roll or Ham/Cheese Sub Creamed Potatoes Florentine Veggies, Fruit

Waffle Sticks 1
Burrito w/Cheese Sauce or Crispy Chicken Wrap Peas, Salad, Sherbet

Yogurt Parfait 8
Chicken Fryz/Roll or Turkey/Cheese Wrap, French Fries Baby Carrots, Fruit

Muffin 15
Chicken Sandwich or Ham/Cheese Sub Lettuce/Pickle, Broccoli Salad, Fruit

Chicken Biscuit 22
Cheese Quesadilla or Turkey/Cheese Wrap Refried Beans Fresh Veggies, Fruit

Breakfast Pizza 29
Baked Ziti/Roll or PB/Jelly Sandwich Green Beans, Fruit Marinated Veggies

Breakfast Burrito 2
Hot Dog/Bun/Chili or Ham/Cheese Sub French Fries Slaw, Fruit

Scrambled Eggs 9
BBQ Pork Sandwich or Deli Sandwich Tator Tots, Slaw Fruit

Sausage Biscuit 16
Beef Taco or Grilled Cheese Sandwich Lettuce/Tomato/Cheese Tator Tots, Fruit

Yogurt Parfait 23
Hot Turkey Sandwich/Gravy or Deli Sandwich Creamed Potatoes Slaw, Fruit

Muffin 30
Nachos/Cheese Sauce or Turkey/ Cheese Wrap Mexican Rice, Salad Refried Beans, Fruit

Pancakes 3
Pizza or Beans & Wieners/Toast Corn, Salad, Fruit

Biscuit & Gravy 10
Pizza Sticks/Sauce or Beans & Wieners/Toast, Corn Salad, Fruit

Waffle Sticks 17
Hamburger/Bun or Beans & Wieners/Toast, Lettuce/Pickle, French Fries Fruit

Scrambled Eggs 24
Pizza or Beans & Wieners/Toast Corn, Salad, Fruit

BREAKFAST SERVED EACH DAY WITH CHOICE OF MENU ITEM, CEREAL, TOAST, POP TART, FRUIT OR JUICE, AND MILK

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