

WEST 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
Hot Dog/Bun/Chili or Ham/Cheese Sub
French Fries, Slaw
Fruit

Breakfast Burrito
Turkey Bacon Melt or Burrito w/Cheese Sauce
Sweet Potatoes
Salad, Fruit

Biscuit & Gravy
Steak & Gravy/Roll or Crispy Chicken Wrap
Creamed Potatoes
Mixed Veggies, Fruit

Chicken Biscuit
Steak Nuggets/Roll or Bologna/Cheese Sandwich, Baked Beans
Fresh Veggies, Fruit

Breakfast Pizza
Sloppy Joe w/Cheese or Corndog
Oven Brown Potatoes
Glazed Carrots, Fruit

Pancakes
Meatloaf/Roll or Bologna/Cheese Sandwich, Slaw
Creamed Potatoes, Fruit

French Toast Sticks
Corn Dog Nuggets or Deli Sandwich
Peas, Salad, Fruit

Waffle Sticks
Pig-in-a-Blanket or Tuna Sandwich
Tator Tots, Baby Carrots, Fruit

Yogurt Parfait
Chicken Nuggets/Roll or Grilled Cheese Sandwich, Pinto Beans
Mac & Cheese, Slaw
Cornbread, Fruit

Muffin
Chicken Fryz/Roll or Turkey/Cheese Wrap
French Fries, Baby Carrots, Fruit

Yogurt Parfait
Chicken Sandwich or Ham/Cheese Sub
Lettuce/Pickle, Salad
Broccoli, Fruit

Breakfast Pizza
Cheese Quesadilla or Turkey/Cheese Wrap
Refried Beans
Fresh Veggies, Fruit

Breakfast Burrito
BBQ Pork Sandwich or Deli Sandwich
French Fries, Slaw
Fruit

Scrambled Eggs
Burrito w/Cheese Sauce or Crispy Chicken Wrap
Peas, Salad, Sherbet

Sausage Biscuit
Hot Turkey Sandwich/Gravy or Deli Sandwich
Creamed Potatoes
Peas, Slaw, Fruit

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

Muffin
Pork Riblet Sandwich or Grilled Cheese Sandwich
Parsley Potatoes
Baby Carrot, Sherbet

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

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

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

Scrambled Eggs
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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back to school

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