

# Full School-Age Menu

## September 2009

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
	1 chicken strips 2 beef sloppy joe * 3 <b>vegetable chili</b> >> choose 3 sides >whole grain mac & cheese >steamed broccoli >salad w/romaine lettuce >apple oat cake * sloppy joe with burger bun	1 bbq baked chicken 2 hamburger/fixins 3 <b>fruit bowl/yogurt</b> >> choose 3 sides >oven french fries >steamed mixed veggies >choice of fresh fruit >fruit & gelatin * chicken with wheat roll	1 beef penne pasta * 2 <b>pizza, cheese</b> 3 turkey/swiss 'wich >> choose 3 sides >yellow wax beans >chilled diced peaches >salad w/spinach >animal crackers * pasta with french bread	1 beef/cheese 'dilla 2 chicken 'wich * 3 <b>cheese nachos</b> >> choose 3 sides >fresh taco salad/taco sauce >tomato cheese rice >steamed green beans >fresh melon wedge *chicken on wheat burger bun	
<b>labor day</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	
	1 meatloaf/gravy * 2 chicken/chz biscuits 3 <b>fruit bowl/yogurt</b> >> choose 3 sides >mashed potatoes >steamed green beans >choice of fresh fruit >low fat banana pudding * meatloaf w/wheat roll	1 oven-"fried"chicken 2 hamburger/fixins 3 <b>super chef salad *</b> >> choose 3 sides >bbq beans >steamed carrot coins >choice of fresh fruit >chilled mandarin orange * fresh veggies, beans, cheese	1 meaty spaghetti * 2 <b>pizza, cheese</b> 3 ham-cheddar sub >> choose 3 sides >steamed mixed veggies >chilled applesauce >salad w/spinach >whole grain cocoa cake * pasta w/garlic bread stick	1 french toast * 2 turkey frank 3 <b>grilled cheese</b> >> choose 3 sides >baked potato puffs >chilled pineapple 'bits >fresh veggie sticks-ranch >fresh grape cluster * 'toast with turkey sausage	
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	
	1 <b>meatballs/gravy *</b> 2 <b>pizza, cheese</b> 3 turkey/swiss 'wich >> choose 3 sides >steamed california veggies >chilled pasta/bean salad >choice of fresh fruit >chilled tropical fruit mix * meatballs w/buttered pasta	1 chicken nuggets 2 bbq chopped beef * 3 <b>vegetable chili</b> >> choose 3 sides >whole grain mac & cheese >steamed green peas >salad w/romaine lettuce >fresh melon wedge * chopped beef w/burger bun	1 <b>cheese quesadilla *</b> 2 cheeseburger/fixins 3 tuna salad sub >> choose 3 sides >oven crinkle fries >steamed broccoli cuts >choice of fresh fruit >fruit & gelatin *quesadilla w/pico de gallo	1 beef ziti lasagna * 2 <b>pizza, veggie</b> 3 roast beef/chz 'wich >> choose 3 sides >steamed green beans >chilled sliced apples >salad w/spinach >whole grain trail mix * lasagna w/french bread	1 chicken enchiladas 2 soft beef tacos 3 <b>cheese nachos</b> >> choose 3 sides >fresh taco salad/taco sauce >refried beans >Spanish rice >cinnamon oat cookie * 'tadas with rancharo sauce
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	
	1 <b>italian chicken *</b> 2 <b>pizza, sausage</b> 3 <b>broccoli chz baker</b> >> choose 3 sides >steamed mixed veggies >chilled fruit cocktail >salad w/romaine lettuce >oatmeal berry cookie * chicken served over pasta	1 steak fingers 2 <b>grilled chicken *</b> 3 <b>fruit bowl/yogurt</b> >> choose 3 sides >mashed potatoes >steamed green beans >choice of fresh fruit >chilled mandarin oranges *chicken on wheat burger bun	1 pancakes * 2 hamburger/fixins 3 <b>bean/cheese burrito</b> >> choose 3 sides >baked potato puffs >fresh veggie sticks/ranch >chilled fruit in natural juice >low fat swirl pudding * 'cakes with turkey sausage	1 <b>grilled chicken pasta *</b> 2 <b>pizza, cheese</b> 3 ham-cheddar sub >> choose 3 sides >steamed broccoli >chilled applesauce >salad w/spinach >animal crackers * pasta with wheat roll	1 breaded fish sticks 2 <b>corny dog (turkey)</b> 3 <b>grilled cheese</b> >> choose 3 sides >red beans & rice >steamed broccoli >choice of fresh fruit >sweet potato cake
	<b>28</b>	<b>29</b>	<b>30</b>		
	1 <b>beef chili pie *</b> 2 <b>pizza, cheese</b> 3 turkey/swiss 'wich >> choose 3 sides >broccoli cheese rice >steamed carrot coins >salad w/romaine lettuce >fresh grape clusters * served over corn chips	1 chicken nuggets 2 <b>grilled steak wrap</b> 3 <b>fruit bowl/yogurt</b> >> choose 3 sides >mashed potatoes >steamed cut corn >choice of fresh fruit >low fat chocolate pudding * steak on whole wheat tortilla	1 oven roast chicken 2 cheeseburger/fixins 3 <b>grilled cheese</b> >> choose 3 sides >hashbrown potatoes >chilled fruit cocktail >choice of fresh fruit >carmel banana cake * chicken with wheat roll		



committed to provide freshness, nutrition, and variety

**MENU NOTES:**

\* your school serves a salad bar, baked potatoes, and deli sandwiches EVERYDAY!

\* a non-meat entree is offered every day: items look like this

\* "BAKED, never fried" we promote a low fat, low sugar and appropriate calorie menu.

\* we use whole wheat breads, lean meats and chicken breast meat.

\* fresh fruit available daily and desserts are made with whole grains and relatively low in sugar

menus and debit accounts at [www.twelveoakscatering.com](http://www.twelveoakscatering.com)



all food produced in a TDH inspected kitchen

