

FOOD friends FUS September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1 Chicken fried steak Chicken nuggets Green beans Mashed potatoes Roll	2 Baked potato Rotisserie chicken Green peas Golden corn	3 Hamburger Chicken patty sandwich Baked French fries Baked beans	More Info... *Watch for the Gold Standard Menu in your Friday folders on Sept. 10 th Some of the features of the new menu include: * A different vegetable offered daily. * At least one whole grain food offered daily. * Only low-fat and skim milk offered. * A different fresh fruit and a different canned fruit every day of the week. * Legumes are offered at least once a week.
6 Holiday	7 Cheese pizza Baked lasagna Steamed broccoli Chocolate chip cookie	8 Chicken fried steak Chicken nuggets green beans Mashed potatoes Roll	9 Beef & bean burrito Taco salad Spanish rice Charro beans	10 Hamburger Sack lunch Baked French fries Lettuce, tomato, pickle	
13 Tomato soup & grilled cheese Chili Mac Seasoned corn Tossed salad	14 Baked Mac & cheese Pepperoni pizza Italian veggies Tossed salad	15 Chicken fried steak Chicken nuggets Green beans Mashed potatoes Roll	16 Baked potato Rotisserie chicken Broccoli rice casserole Green peas	17 Hamburger Hot dog w/chili Tator tots Ranch beans	
20 Popcorn chicken Sloppy Joes Seasoned noodles Tossed salad	21	22	23	24	
27	28	29	30		

Windsong and Bales Lunch menu



The Gold Standard Menu delivers on our promise to help students flourish.

Menus are subject to change without notice.

