

Breakfast \$1.15
Extra Milk 60¢


SEPTEMBER 2010
SANDWICH SCHOOL DISTRICT 430
PRAIRIE VIEW ELEMENTARY
BREAKFAST MENU



We're thinking green, are you ?

*September is
National
Breakfast
Month.*
Your body
needs the
energy to start
your day. Get
in the breakfast
habit today!

Questions about
the menu?
Call 815-786-8881
A comprehensive
Nutrition &
Allergy Guide is
available in the
Food Service
Office.
Fun food web-site
www.smallstep.gov

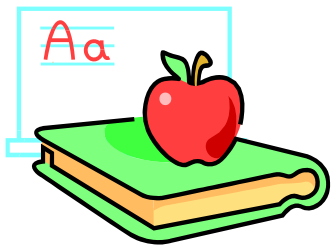
Monday	Tuesday	Wednesday	Thursday	Friday
		1 ASSORTED CEREAL GOLDFISH GRAHAMS 100% APPLE JUICE MILK	2 WHOLE WHEAT BANANA LOAF GRAHAM CRACKERS 100% FRUIT JUICE MILK	3 ASSORTED CEREAL WHOLE WHEAT GRAHAMS 100% APPLE/CHERRY JUICE MILK
6  LABOR DAY	7 STRING CHEESE GOLDFISH PRETZELS 100% FRUIT JUICE MILK	8 ASSORTED CEREAL GRAHAMS CRACKERS 100% APPLE JUICE MILK	9 STRAWBERRY/BANANA YOGURT WHOLE WHEAT CRACKERS 100% FRUIT JUICE	10 <i>NO SCHOOL</i>
13 ASSORTED CEREAL WHOLE WHEAT CRACKERS 100% APPLE/CHERRY JUICE MILK	14 BAGEL w/Cream Cheese GOLDFISH PRETZELS 100% FRUIT JUICE MILK	15 ASSORTED CEREAL GRAHAM CRACKERS 100% APPLE JUICE MILK	16 WHOLE WHEAT BLUEBERRY LOAF GRAHAM CRACKERS 100% FRUIT JUICE MILK	17 ASSORTED CEREAL WHOLE WHEAT GRAHAMS 100% APPLE JUICE MILK
20 WATERMELON YOGURT GRAHAM CRACKERS 100% APPLE JUICE MILK	21 ASSORTED CEREAL WHOLE WHEAT CRACKERS 100% FRUIT JUICE MILK	22 STRING CHEESE GOLDFISH PRETZELS 100% APPLE/CHERRY JUICE MILK	23 ASSORTED CEREAL GRAHAM CRACKERS 1/2 FRESH BANANA MILK	24 WHOLE WHEAT BANANA LOAF GRAHAM CRACKERS 100% APPLE JUICE MILK
27 ASSORTED CEREAL GOLDFISH GRAHAMS 100% APPLE/CHERRY JUICE MILK	28 STRAWBERRY/BANANA YOGURT GRAHAM CRACKERS 100% APPLE JUICE MILK	29 ASSORTED CEREAL WHOLE WHEAT CRACKERS 100% FRUIT JUICE MILK	30 BAGEL w/Cream Cheese GRAHAM CRACKERS 100% APPLE JUICE MILK	

Milk Variety Served Daily

** Please Note **

* Contains Pork

Menu changes may be necessary. Notice will be given when possible.



Lunch \$2.40
 Extra Milk 60¢
 Lunch includes the daily entrée, fruit /veggies, bread & milk

SEPTEMBER 2010

SANDWICH SCHOOL DISTRICT 430

PRAIRIE VIEW ELEMENTARY

LUNCH MENU



We're thinking green, are you ?

Monday	Tuesday	Wednesday	Thursday	Friday
		1 LUCKY TRAY DAY SPAGHETTI w/Meat Sauce & Garlic Bread OR CHEESEBURGER SEASONED GREEN BEANS CHILLED APPLESAUCE	2 CHICKEN SANDWICH OR FISH STICKS w/Whole Grain Roll SLICED CARROTS 100% FRUIT JUICE PUNCH	3 PIZZA DIPPERS w/Red Sauce OR *HOT HAM & CHEESE SANDWICH GARDEN PEAS FRESH APPLE WEDGES
6 LABOR DAY	7 MINI CORN DOGS OR CREAMY MACARONI & CHEESE w/Whole Grain Roll SEASONED GREEN BEANS DICED PEACHES CHOCOLATE PUDDING	8 LUCKY TRAY DAY BEEF TACO PIE w/Shredded Cheese & Salsa OR HAMBURGER SHREDDED LETTUCE CHILLED APPLESAUCE	9 PIZZA BURGERS OR CHICKEN SANDWICH FRESH BABY CARROTS w/Dressing 100% APPLE/CHERRY JUICE	10 NO SCHOOL
13 *FRENCH TOAST STICKS w/Syrup & Ham Slice OR CHICKEN NUGGETS FRESH ORANGE SMILES CHILLED APPLESAUCE	14 CHICKEN FAJITA w/Shredded Cheese & Salsa OR TURKEY WRAP SHREDDED LETTUCE SLICED CARROTS	15 LUCKY TRAY DAY HOT DOG OR CHEESEBURGER SEASONED GREEN BEANS DICED PEACHES CHOCOLATE CHIP COOKIE	16 BBQ BEEF SANDWICH OR GRILLED CHEESE SANDWICH POTATO WEDGES FRESH ORANGE SMILES	17 TONY'S CHEESE PIZZA OR FISH STICKS GARDEN SALAD w/Dressing WHOLE KERNEL CORN
20 CHICKEN NUGGETS w/Breadsticks OR HAMBURGER *BAKED BEANS DICED PEACHES	21 TOASTED CHEESE SANDWICH OR *BBQ RIB SANDWICH TOMATO SOUP SWEET PEARS	22 LUCKY TRAY DAY BEEF & CHEESE BURRITO w/Shredded Cheese & Salsa OR TURKEY WRAP SHREDDED LETTUCE MEXICAN CORN	23 MEATBALL BOMBER w/Red Sauce & Mozzarella Cheese OR CHICKEN SANDWICH SEASONED GREEN BEANS CHILLED APPLESAUCE	24 PIZZA DIPPERS w/Red Sauce OR CHEESEBURGER GARDEN PEAS FRESH ORANGE SMILES
27 *FLUFFY PANCAKES w/Syrup & Sausage OR BUFFALO CHICKEN SANDWICH POTATO ROUNDS FRESH APPLE SLICES	28 MINI CORN DOGS w/Whole Grain Roll OR HAMBURGER WHIPPED POTATOES 100% FRUIT JUICE PUNCH SMART COOKIES	29 LUCKY TRAY DAY BBQ CHICKEN SANDWICH OR *CHEESY PASTA w/Ham SLICED CARROTS SWEET PEARS	30 NACHO SUPREME w/Taco Meat & Shredded Cheese OR TURKEY & CHEESE WRAP SHREDDED LETTUCE WHOLE KERNEL CORN	

Milk Variety Served Daily

** Please Note **

* Contains Pork

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Make choices for a healthy lifestyle!

- ◆ Eat a variety of foods
- ◆ Eat more fruits, vegetables, & grains
- ◆ Eat lower fat foods more often
- ◆ Get your calcium rich foods
- ◆ Be physically active

These behaviors can make a big difference in the way you look, feel, and your health!

Available daily as an alternate choice:
Low Fat Submarine

Questions about the menu?
 Call 815-786-8881

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 Fun food web-site
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