

Centennial Schools

SEPTEMBER

2010

Monday

Tuesday

Wednesday

Thursday

Friday

Free and reduced meals available for qualifying households. Lactose free milk available upon written request. Pine Tree Orchard apples featured at all sites throughout the month.

6
NO SCHOOL

7
Race Back 2 School
Race Car Shaped Chicken Nuggets
Al Dente Pasta with Red Sauce
Seasoned Green Beans
Seasonal Fresh Fruit

8
Pizza Party
Choice of Cheese or Pepperoni Pizza on Whole Grain Crust
Romaine Salad/Drsgng
Multiple Fruit Choice
Animal Crackers

9
WG Lo-fat Chicken
Mini Corn Dogs
Oven Roasted Potatoes
Baby Carrots & Cherry Tomatoes
Variety of Fruit Choices

10
Tyson Popcorn Chix
Sweet Potato Oven Fries
Honey Wheat Dinner Roll
Garden Salad/Drsgng
Multiple Fruit Choices

13
Shrimp Poppers
Land-O-Lakes
Macaroni and Cheese
Roasted Baby Bakers
Wheat Dinner Roll
Good-4-U Peas
Variety of Fruit

14
Mashed Potato Bar
Choice of Toppings
Wheat Pretzel Rod
Romaine Salad/Dressing
Variety of Fruit
Bag of Bug Bites

15
Cheesy Max Stix with Marinara Sauce
Steamed Broccoli with Cheese Sauce
Crunchy Carrot and Celery Stix
Variety of Fruit

16
French Toast Sticks
Pork or Turkey
Breakfast Sausage
Easy to Eat Hashbrown Stick
Chilled Applesauce
100% Real Fruit Juice

17
Wild Rice & Chicken Soup
Deli Style Turkey
Sandwich w Fixings
Fresh Vegetables with Hummus Dip
Variety of Fruit

20
Kid's Favorite Pizza
Choice of WG Cheese or Pepperoni Pizza
Steamed Broccoli w Cheese Sauce
Multiple Fruit Choice

21
All Beef Hot Dog on Bun
Alexia Tri-Potato Medley
Crunchy Coleslaw
Variety of Fruit

22
Tyson Chicken Patty on a Bun
Mashed Sweet Potatoes
Steamed Cauliflower with Cheese Sauce
Multiple Fruit Choices

23
Salad Bar Day
Legendary Build Your Own Salad
Choice of Toppings
WG Breadstick
Seasonal Fresh Fruit

24
Super Spaghetti with Beefy Meat Sauce
Warm Garlic Bread
Seasoned Green Beans
Mixed Greens
Salad/Dressing
Variety of Fruit

27
Tyson Chicken Tenders
Mashed Potatoes/Gravy
Corn Coblette
Wheat Dinner Roll
Multiple Fruit Choices

28
Oven Fresh Funnel Cakes/Syrup
Colby Cheese Omelet
Seasoned Breakfast Potatoes
Chilled Fruit Sauce
100% Real Fruit Juice

29
Tasty Tacos on Hard or Soft Shells
Cup of Fixings
Tex-Mex Pasta Salad
Baby Carrots
Multiple Fruit Choices

30
Birthday Bash
Italian Dunkers
Al Dente Bowtie Pasta with Red Sauce
Garden Fresh Salad
Fresh Fruit
Luigis' Frozen Sherbet

Cold entrée choice in elementaries. Alternate lines available in secondary buildings. All meals include milk. Menu subject to change. Products have been made in district kitchens or food production plants where milk, eggs, soybeans, tree nuts, peanuts and other ingredients are used.
WG= Whole Grain

Lunch Prices

Elem: \$2.20/day
\$39.60/mos
Sec: \$2.40/day
\$43.20
Entrée: \$1.95
Milk: \$.45
Non-student/Adult: \$3.40

On-line account information and payment options at www.paypams.com.



back to school



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