








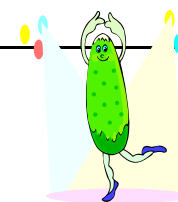
Holy Family School September 2010

Name _____ Room _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6  	7 Hamburger/Cheese on WW Bun Cheese Fires Tossed Salad/LF Dressing Fruit <input type="checkbox"/> <input type="checkbox"/>	8 Tacos/Cheese/Salsa  Shredded Lettuce/Tomato Cornbread Carrot Sticks/FF Dip <input type="checkbox"/> Fruit <input type="checkbox"/>	9 Lasagna Tossed Salad/LF Dressing Whole Wheat Breadstick Fruit Crisp  <input type="checkbox"/> <input type="checkbox"/>	10 Pizza Party Celery Sticks/FF Dip Fruit Oatmeal Cookie <input type="checkbox"/> Regular <input type="checkbox"/> <input type="checkbox"/> Cheese <input type="checkbox"/> <input type="checkbox"/> Extra Slice <input type="checkbox"/>
13 Chicken Quesadillas w/Salsa Corn Sweet Potato Fries <input type="checkbox"/> Chilled Fruit <input type="checkbox"/>	14 Mozzarella Sticks/Sauce Whole Grain Roll Garden Salad/LF Dressing <input type="checkbox"/> Potatoes <input type="checkbox"/> Fruit <input type="checkbox"/>	15 Spaghetti/Meat Sauce Italian Bread Tossed Salad/LF Dressing <input type="checkbox"/> Fruit <input type="checkbox"/> Jell-O <input type="checkbox"/>	16 Grilled Cheese Sandwich  Tomato Soup/Crackers Fruit <input type="checkbox"/> Graham Crackers <input type="checkbox"/>	17 Pizza Party Caesar Salad/FF Dip Fruit Goldfish <input type="checkbox"/> Regular <input type="checkbox"/> <input type="checkbox"/> Bagel <input type="checkbox"/> <input type="checkbox"/> Extra Slice <input type="checkbox"/>
20 Chicken Nuggets/BBQ Sauce Whole Grain Roll Green Beans <input type="checkbox"/> Fruit <input type="checkbox"/> Yogurt Cake <input type="checkbox"/>	21 Macaroni & Cheese  Hot Dog on Bun Carrot Sticks/FF Dip <input type="checkbox"/> Grapes <input type="checkbox"/>	22 Waffles/Syrup Scrambled Eggs Warm Sliced Apples w/Cinnamon <input type="checkbox"/> 100% Juice <input type="checkbox"/>	23 Meatball Sandwich Ranch Potatoes Applesauce <input type="checkbox"/> Cookie <input type="checkbox"/>	24 Pizza Party Tossed Salad w/LF Dressing Fruit Snack Mix  <input type="checkbox"/> Regular <input type="checkbox"/> <input type="checkbox"/> Cereal <input type="checkbox"/> <input type="checkbox"/> Extra Slice <input type="checkbox"/>
27 Kids Turkey "Subway" Sandwich 1/2 oz. Chips Carrot Sticks/FF Dip <input type="checkbox"/> Fruit <input type="checkbox"/>	28 Hamburger w/choice of Cheese on WW Bun Lettuce/Tomato/Pickle Onion Rings <input type="checkbox"/> Cucumber Salad/FF Dip <input type="checkbox"/> Fruit <input type="checkbox"/>	29 Pasta/Meat Sauce Garden Salad/LF Dressing Italian Bread <input type="checkbox"/> Pears <input type="checkbox"/>	30 Mozzarella Sticks/Sauce Whole Wheat Breadstick Caesar Salad/LF Dressing Potatoes <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Goldfish <input type="checkbox"/>	



Cucumbers are 95% water and contain Vitamin A, C, E and a few minerals. A light and cooling vegetable, the cucumber helps us replenish the fluids and minerals lost in our perspiration, leaving us "cool as a cucumber"! (by MACSAC)



Date Due: _____
 # of days _____ X \$3.25 = _____
 # of days _____ X \$1.00 = _____ (Extra Slice of Pizza)

CHOICE OF MILK WITH ALL MEALS

Sample Boxes Regular

MENU SUBJECT TO CHANGE

Cheese Sandwich or Bagel or Cereal depending on week

Total Enclosed = _____

PB&J has been removed as a lunch choice due to peanut allergies.

Bag lunch includes Bagel w/Cream Cheese or Cheese Sandwich (depending on week), Fruit or 100% Juice, Veggie, Snack & Milk.
 Bag cereal lunch includes Cereal, Yogurt, Juice, Veggie, Snack & Milk.