



September 2010

St Monica Lunches \$2.25 each / Milk \$.50; ala carte \$.50-1.00

REMINDER: USE FACTS VOUCHER FOR LUNCH ACCOUNT WITHDRAWALS - SEE SCHOOL WEBSITE>LUNCH PAGE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1 Beef + Cheese Tater Tot Bake Warm Breadstick + Sauce Chilled Peaches Milk Cookie</p>	<p>2 Pasta + Sauce Garlic Bread Lightly Tossed Salad Chilled Pears Milk</p>	<p>3 Fish + Chips Cucumber Wheels + Dip Jello Parfait Fresh Orange Wheels Brownie Milk</p>
<p>6 Labor Day (No School)</p>	<p>7 Chef Salad (ham ,egg, cheese) Grilled Pita Bread Fresh Fruit /Cottage Cheese Milk</p>	<p>8 Hamburger Sandwich Toppings Oven Fries Chilled Fruit</p>	<p>9 Teriyaki Chicken Rice Bowl Steamed Broccoli or Peas Mandarin Oranges Milk</p>	<p>10 School-Made Pizza Carrot Sticks + Dip Chilled Peach Cup Milk</p>
<p>13 Grilled Cheese Sandwich Tomato Soup + Crackers Chilled Mixed Fruit Milk</p>	<p>14 Teamwork Tuesday Tacos ! Steamed Corn Chilled Pineapple Cookie Milk</p>	<p>15 Oven Baked Chicken Drumsticks Steamed Rice Seasoned Green Beans Chilled Peaches Milk</p>	<p>16 All-American Club Wraps (deli t turkey, BLT (bacon lettuce tomato) Strawberry Yogurt Granola Parfait or Grapes Milk</p>	<p>17 <u>FRIDAY FRY!</u> Chicken Fries Oven Fries Apple Fries Milk</p>
<p>20 Chili +Crackers (Macaroni + Cheese optional) Applesauce Cup Milk</p>	<p>21 Pulled Pork Sandwich Corn on Cob Chilled Fruit Cupcake Milk</p>	<p>22 Fajita Chicken + Rice Burrito (cheese) Carrot Sticks + Dip Chilled Peaches Milk</p>	<p>23 Baked Potato (Potato Toppings) Breadstick Orange Wheels Cookie Milk</p>	<p>24 School - Made Pepperoni or Cheese Pizza Tossed Salad Chilled Pears Milk</p>
<p>27 Bagel Sandwich (egg, ham, cheese) Potato Triangles Strawberry Cup Milk</p>	<p>28 Ranch Chicken Flatbread (cheese + lettuce) Steamed Summer Squash or Green Beans Choice of Fruit Chocolate Cupcake Milk</p>	<p>29 Baked Sliced Meatloaf Mashed Potatoes + Gravy Steamed Vegetables Dinner Roll Milk</p>	<p>30 Pasta + Sauce Garlic Bread Lightly Tossed Salad Chilled Pears Milk</p>	<p>Fish Sandwich (cheese optional) Scalloped Potatoes Chilled Fruit Milk</p>

News

Eat Smart! Play Hard!
Volunteer Now!
Mrs. Metzler is seeking volunteers to help with the school lunch program. Call or email her at 255-7153 ex.8 or d.metzler@smsindy.org

SALAD BAR OPTION begins in October. Look to October menu for starting date.

The School Lunch Program staff is dedicated to following the USDA guidelines in offering nutritious foods to the students. This month we are featuring fresh fruits and vegetables, low fat chicken wraps and entrees, Omega-3 fats in offering fish, use of whole grain breads and pastas.

Reminder: Students in grades PK through 3rd grade will not be offered a choice of food for their lunch.

Children with documented food sensitivities are always considered in food prep.

Call Mrs. Metzler with any questions. 255-7153

