

# SEPTEMBER 2009

# TRADITIONAL LUNCH - SECONDARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Condiments Available:</b> Ketchup, Mayonnaise, Mustard, Taco Sauce, Hot Sauce</p> <p><b>Salad Dressings Available:</b> 1,000 Island, Caesar, French, Italian, Ranch, Asian Sesame</p>	1	2	3	4
7 <b>Labor Day Holiday</b>	8	9 <b>Italian Calzone with Turkey Pepperoni</b> <b>Tostada Fiesta Salad V</b> <b>Chicken Caesar Salad Whole Wheat Wrap</b> Oven Roasted Potato Wedges Zucchini Sticks with Dip Strawberry Fruit Cup Chilled Apple Juice Choice of Milk	10 <b>Hot &amp; Spicy Chicken Strips</b> <b>Oven Baked Cheese Pizza V</b> <b>Home-Style Shepherd's Pie</b> Sweet Potato Sticks with Dip Café LA Tossed Side Salad Chilled Pears Chilled Orange Juice Choice of Milk	11 <b>Spaghetti &amp; Meatballs</b> <b>Toasted Cheese Sandwich V</b> <b>Kung Pao Chicken Bowl with Brown Rice</b> Whole Kernel Corn Italian Vegetable Medley Chilled Applesauce Chilled Orange Juice Choice of Milk
14 <b>Red Chile Beef &amp; Bean Burrito</b> <b>Peanut Butter &amp; Jelly Pocket V</b> <b>Grilled Beef Sliders with BBQ Slaw</b> <b>Optional Weekly Entrée**</b> Corn on the Cob Spanish Style Rice Seedless Red Grapes Chilled Orange Juice Choice of Milk	15 <b>Sliced Pepperoni Pizza</b> <b>Vegetarian Chili with Tortilla Chips V</b> <b>Asian Style Chicken Salad</b> <b>Optional Weekly Entrée**</b> Zucchini Sticks with Dip Fresh Baby Carrots with Dip Orange Citrus Smiles Chilled Apple Juice Choice of Milk	16 <b>Cheeseburger on Whole Wheat Bun</b> <b>Garden Veggie Burger with Cheese V</b> <b>Orange Chicken Bowl with Brown Rice</b> <b>Optional Weekly Entrée**</b> Crisp Baked Potato Rounds Shredded Lettuce & Sliced Tomatoes Fresh Cut Cantaloupe Chilled Apple Juice Choice of Milk	17 <b>Parmesan Lasagna</b> <b>Spicy Tex Mex Vegetarian Burrito V</b> <b>Chicken Italiano Melt</b> <b>Optional Weekly Entrée**</b> Fresh Baby Carrots with Dip Italian Vegetable Medley Chilled Peaches Chilled Orange Juice Choice of Milk	18 <b>Fish Filet Sandwich with Cheese</b> <b>Macaroni Au Gratin V</b> <b>Wings of Fire with Cheese Bread Bar</b> <b>Optional Weekly Entrée**</b> Oven Baked Crinkle Cut Fries Crisp Broccoli Bites with Dip Fresh Banana Chilled Orange Juice Choice of Milk
21 <b>Low Fat Mini Turkey Corn Dogs</b> <b>Bean &amp; Cheese Burrito V</b> <b>Café LA Chicken &amp; Cheese Enchiladas</b> <b>Optional Weekly Entrée*</b> Peas Celery Sticks with Dip Seedless Red Grapes Chilled Orange Juice Choice of Milk	22 <b>Chicken Cordon Bleu Style Sandwich</b> <b>California Nachos V</b> <b>Beef Taco Triangles</b> <b>Optional Weekly Entrée*</b> Fresh Jicama Sticks with Lime Wedge Fresh Baby Carrots with Dip Fresh Cut Watermelon Chilled Apple Juice Choice of Milk	23 <b>Italian Calzone with Turkey Pepperoni</b> <b>Tostada Fiesta Salad V</b> <b>Chicken Caesar Salad Whole Wheat Wrap</b> <b>Chef Signature Series</b> <b>Optional Weekly Entrée*</b> Oven Roasted Potato Wedges Zucchini Sticks with Dip Strawberry Fruit Cup Chilled Apple Juice Choice of Milk	24 <b>Hot &amp; Spicy Chicken Strips</b> <b>Oven Baked Cheese Pizza V</b> <b>Home-Style Shepherd's Pie</b> <b>Optional Weekly Entrée*</b> Sweet Potato Sticks with Dip Café LA Tossed Side Salad Chilled Pears Chilled Orange Juice Choice of Milk	25 <b>Spaghetti &amp; Meatballs</b> <b>Toasted Cheese Sandwich V</b> <b>Kung Pao Chicken Bowl with Brown Rice</b> <b>Optional Weekly Entrée*</b> Whole Kernel Corn Italian Vegetable Medley Chilled Applesauce Chilled Orange Juice Choice of Milk
28 <b>Red Chile Beef &amp; Bean Burrito</b> <b>Peanut Butter &amp; Jelly Pocket V</b> <b>Grilled Beef Sliders with BBQ Slaw</b> <b>Optional Weekly Entrée**</b> Corn on the Cob Spanish Style Rice Seedless Red Grapes Chilled Orange Juice Choice of Milk	29 <b>Sliced Pepperoni Pizza</b> <b>Vegetarian Chili with Tortilla Chips V</b> <b>Asian Style Chicken Salad</b> <b>Optional Weekly Entrée**</b> Zucchini Sticks with Dip Fresh Baby Carrots with Dip Orange Citrus Smiles Chilled Apple Juice Choice of Milk	30 <b>Cheeseburger on Whole Wheat Bun</b> <b>Garden Veggie Burger with Cheese V</b> <b>Orange Chicken Bowl with Brown Rice</b> <b>Optional Weekly Entrée**</b> Crisp Baked Potato Rounds Shredded Lettuce & Sliced Tomatoes Fresh Cut Cantaloupe Chilled Apple Juice Choice of Milk	WEEK OF: 9/21 <b>*Optional Weekly Entrée:</b> 6" Deli Sub on Wheat and/or Café LA Tossed Garden Salad V	WEEK OF: 9/14 & 9/28 <b>**Optional Weekly Entrée:</b> Turkey Breast & Cheese on Wheat and/or Farmers Market Salad V

Milk Options: 1% White, 1% Strawberry, FF Chocolate, or FF Lactose Free

Menus are Subject to Change