



Monday	Tuesday	Wednesday	Thursday	Friday
	Free & Reduced Meals are available at both Breakfast and Lunch Times. One application takes care of both meals. Please consider using this program if it applies. 1	2	Anyone that was approved for Free or Reduced during the 2008-09 School year, must reapply before Sept. 30 th , 2009 3	4
7 LABOR DAY No School!	Welcome Back! No Lunch: Early Dismissal 12:05 P.M. 8	Saucy Nachos Mexican Rice Corn Minute Maid Shape Ups Milk 9	Grilled Cheese Sandwich Tomato Soup Doritos Blueberries Chocolate Chip Cookie Milk 10	Ch. & Pepperoni Pizza Potato Salad Lemon Sherbet Fruit Cup Baby Carrots w/dip Milk 11
Ch. & Pepperoni Pizza Anti-Pasta Salad Baked Doritos Minute Maid Shape Ups Milk 14	Meatloaf Mashed Potatoes Gravy Corn Apple Sauce Milk 15	Chicken Nuggets Garlic Noodles Fruit Juice Cup Apple Crisp Green Beans Milk 16	Hot Dog on a Bun French Fries Baked Beans Baby Carrots w/dip Apple Juice Milk 17	Fish Sticks Cole Slaw Tator Tots Brownies Fruit Punch Milk 18
Asst. Cold Cereal (Cheerios, Lucky Charms, Cocoa Puffs, etc...) Pork Sausage Link Orange Quarter Orange Juice 21	Pancakes / Syrup Bacon Strips Bananas Apple Juice Milk 22	Bacon/Egg/Ch. Bagel Sandwich NY State Apples Minute Maid Shape Up Rold Gold Pretzels Milk 23	Waffles/syrup Pork Sausage Links Green Grapes Grape Juice Cup Milk 24	Ch. & Pepperoni Pizza Celery Sticks w/dip Chocolate Pudding Cup Fruit Cocktail Milk 25
Popcorn Chicken Garlic Noodles Diced Peaches Carrots Chilled Juice Cup Milk 28	Ch. & Pepperoni Pizza Macaroni Salad Baked Sun chips Apple Juice Cup Milk 29	Spaghetti with Meat Sauce or Plain Sauce Fresh Garden Salad Green Beans Fruited Jell-O Dinner Roll - Milk 30	Guess What? You can write almost 50,000 words or draw a line almost 35 miles long with just one pencil!	

"B" Lunches

Week of Sept. 8th.
Tomato Soup
Tuna Subs

Week of Sept. 14th.
Mediterranean Soup
Turkey Wraps

Week of Sept. 21st.
Chicken Rice Soup
Pulled Pork Sandwich

Week of Sept. 28th.
HM Vegetable Soup
Hamburgers

Remember that 3 out of 5 items MUST be taken for a complete meal.

School News

Please consider taking advantage of our pre-payment options. You can save time and money. Free and Reduced Applications have been sent home to you, as well.

