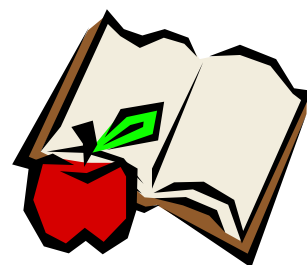


OMS & OHS

September 2010 Menu



Lunch Options

Vegetable Sides - At Least (3) Offered Daily:

Green Beans, Peas & Carrots, Whole Kernel Corn, Buttered Carrots, Baked Beans, Buttered Peas, Baked Potato, Mashed Potatoes with Gravy, Oven Potatoes, Baked Fries, Lettuce Salad, Fresh Veggies with Dip, Celery with Peanut Butter, Coleslaw.

Fruit Sides - At Least (3) Offered Daily:

Peaches, Applesauce, Pears, Banana, Orange, Grapes, Fruit Cocktail, Apple, Strawberries, Fruit Jello, Watermelon, Apple Slices, Pineapple, Mandarin Oranges, Cinnamon Applesauce.

Alternate Entrée Options Offered Daily:

Chef Salad with Fruit
PB & J Uncrustable
Taco Salad (upon request by 9:00 a.m.)

Lowfat/Skim Milk Choice (Chocolate Milk Available)

*L/T/O - Lettuce, Tomato, Onion

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 BBQ Rib Sandwich Green Beans Chilled Peas	2 Lasagna with Meat Sauce Garlic Toast Lettuce Salad Pineapple Tidbits	3 Breaded Chicken Patty with Bun Whole Kernel Corn Fruit Cocktail	4
5	6 No School-Labor Day	7 Bosco Stick with Sauce Buttered Corn Applesauce	8 Bacon Cheeseburger *L/T/O Baked Beans Peaches	9 Spaghetti Garlic Toast Lettuce Salad Pineapple & Oranges	10 Chicken Nuggets Whipped Potatoes with Gravy Wheat Dinner Roll Peaches & Pears	11
12	13 Macho Nachos with Meat, Cheese Sauce & Salsa Sweet Carrots Peaches	14 Hamburger with Bun L/T/O* Buttered Baked Potato Fresh Strawberries	15 Chicken Wrap with *L/T/O Green Beans Applesauce	16 Pulled Pork Sandwich Sweet Corn Fruited Jello	17 Charger Rite Buttered Peas Pears	18
19	20 Footlong Hot Dog with Bun Potato Rounds Cinnamon Apple Slices	21 Chicken Nuggets Mashed Potatoes with Gravy Fresh Baked Roll Chilled Peaches	22 HS: *Pizza Hut Sausage Pizza MS: Bacon Cheeseburger Buttered Peas Watermelon	23 Chicken Fajita Wrap Lettuce/ Cheese/ Salsa Mexican Rice Corn Fresh Fruit	24 No Lunch Served - Early Dismissal	25
26	27 BBQ Rib Sandwich Green Beans Peaches	28 Bosco Stick with Sauce Peas & Carrots Mixed Fruit	29 Walking Tacos Lettuce, Cheese & Salsa Buttered Peas Sliced Strawberries	30 Turkey & Gravy Mashed Potatoes Dinner Roll Pears		

Lunch Prices

Student: \$2.25
*Reduced Price: \$.40
Adult: \$3.25
Ala Carte Milk: \$.50

Lunch includes: Entrée, 2 lunch options, and milk

***Free and Reduced Applications can be obtained from all building offices throughout the school year.**

Alternate Entrees for the Month

Week 1 - Corn Dog
Week 2 - Pizza
Week 3 - Cook's Choice
Week 4 - Pork Tenderloin with Bun
Week 5 - Hamburger with Bun

Menu subject to change without prior notice.