





Cost:
Breakfast \$.95 **Adult/Non MES student breakfast** \$1.90
Student Lunch \$2.20 **Milk Only** \$.50
Breakfast/Lunch Red. Meal \$.30/\$.40 **Juice** \$.30
Adult Lunch \$4.40 **(Milk Included in all lunches)**

September 2010 Breakfast/Lunch Menu

BREAKFAST: 7:15 – 7:45 A.M.
NOTE: MENU SUBJECT TO CHANGE

Mon	Tue	Wed	Thu	Fri
		<p style="text-align: right;">1</p> Breakfast: Fresh Banana, Cereal (Oat Loop) w/ Raisin or Blueberry, Asst Yogurt Lunch: Bake Spaghetti, Garden Salad, Fresh Nectarines, Garlic Bread <p style="text-align: center;">IRA - Artic</p>	<p style="text-align: right;">2</p> Breakfast: Chilled Peaches, Blueberry Pancake Sausage on Stick, Cinnamon Toast Lunch: Pepperoni & Cheese Pizza, Garden Salad, Fresh Apple, Jello <p style="text-align: center;">Gr 4 – Letter Day</p>	<p style="text-align: right;">3</p> Breakfast: Chilled Fruit Cocktail, Ham Omelet, Steamed Rice Lunch: Roast Pork w/ Gravy, Steamed Rice, Mix Vegetables, Fresh Pineapple Spears, W. W. Roll <p style="text-align: center;">Gr 5 – Letter Day</p>
<p style="text-align: right;">6</p> 	<p style="text-align: right;">7</p> Breakfast: Chilled Pineapple Chunks, Steamed Rice, Chicken Sticks w/ Gravy Lunch: Chili Con Carne, Steamed Rice, Garden Salad, Chilled Peaches, Buttered Cornbread <p style="text-align: center;">Gr K/1 – Letter Day</p>	<p style="text-align: right;">8</p> Breakfast: Fresh Banana, Cereal (Rice Krispies) w/ Raisin or Blueberry, Turkey Links Lunch: Turkey Pastrami on W.W. Bun, Shredded Lettuce, Tomato, Sweet Potato Fries, Fresh Banana <p style="text-align: center;">Gr 6 – Artic</p>	<p style="text-align: right;">9</p> Breakfast: Chilled Orange Juice, Breakfast Pizza Pocket, Toasted Half W.W. Bun Lunch: Corn Dog, Potato Rounds, Garden Salad, Fresh Apples, W.W. Roll <p style="text-align: center;">Gr 5 – Letter Day</p>	<p style="text-align: right;">10</p> Breakfast: Fresh Papaya & Pineapple Chunks, Fresh Bake Cinnamon Roll, Scramble Egg Lunch: Oven Fried Chicken, Whipped Potatoes, Garden Vegetables, Fresh Tangerines, W.W. Roll <p style="text-align: center;">Gr 4 - Artic</p>
<p style="text-align: right;">13</p> Breakfast: Chilled Grape Juice, Steamed Rice, Portuguese Sausage, Scramble Egg Lunch: Breaded Chicken Sticks w/ Orange Sauce, Steamed Rice, Garden Salad, Fresh Apples, W.W. Roll <p style="text-align: center;">Gr K/1 - Artic</p>	<p style="text-align: right;">14</p> Breakfast: Chilled Dice Pears, Cheese Omelet, Hash Brown Lunch: Sloppy Joe on W.W. Bun, Seasoned Oven Potatoes, Garden Salad, Chilled Peaches <p style="text-align: center;">Gr 2/3 – Letter Day</p>	<p style="text-align: right;">15</p> Breakfast: Chilled Fruit Cocktail, Loco Moco (Rice, Pork Patty, Scramble Egg) Gravy all over Lunch: Turkey Ham & Cheese Sandwich, Potato Rounds, Shredded Lettuce, Fresh Orange Wedges, Tomato Slices <p style="text-align: center;">IRA - Artic</p>	<p style="text-align: right;">16</p> Breakfast: Chilled Pineapple Chunks, Fried Rice, Ham Slice Lunch: Saimin, Shoyu Chicken, Garden Salad, Fresh Fruit in Season, W.W. Roll <p style="text-align: center;">Gr 6 – Letter Day</p>	<p style="text-align: right;">17</p>  <p style="text-align: center;">NO SCHOOL</p>
<p style="text-align: right;">20</p> Breakfast: Chilled Dice Pears, Cinnamon Snack, Waffles Lunch: Bake Meatloaf Patty w/ Mushroom Gravy, Steamed Rice, Edamame Succotash, Pineapple Chunks, W.W. Roll <p style="text-align: center;">Gr 2/3 - Artic</p>	<p style="text-align: right;">21</p> Breakfast: Chilled Pears, Steamed Rice, Fried Egg, Ham Slice Lunch: Chicken Patty w/ Gravy, Steamed Rice, Mix Vegetables, Dice Pears, W.W. Roll <p style="text-align: center;">Gr K/1 – Letter Day</p>	<p style="text-align: right;">22</p> Breakfast: Chilled Pineapple Tidbits, Teriyaki Hot Dog, Musubi Lunch: Hot Dog in Bun, Potato Smiles, Garden Salad, Chilled Peaches <p style="text-align: center;">Artic - Gr 6</p>	<p style="text-align: right;">23</p> Breakfast: Chilled Fruit Cocktail, Fresh Bake Banana Bread, Chicken Breakfast Patty Lunch: Bake Lasagna, Garden Salad, Fresh Banana, French Roll <p style="text-align: center;">Gr 5 – Letter Day</p>	<p style="text-align: right;">24</p> Breakfast: Chilled Apple Juice, Steamed Rice, Portuguese Sausage, Scramble Egg Lunch: Cold Deli Turkey Sandwich, Potato Rounds, Garden Salad, Fresh Fruit in Season <p style="text-align: center;">Gr 4 - Artic</p>
<p style="text-align: right;">27</p> Breakfast: Chilled Applesauce, W.W. French Toast, Turkey Links, Maple Syrup Lunch: Breaded Chicken Nuggets w/ Sauce, Steamed Rice, Garden Vegetables, Chilled Peaches, W.W. Roll <p style="text-align: center;">Gr K/1 - Artic</p>	<p style="text-align: right;">28</p> Breakfast: Chilled Peaches, Mini Frank Slider Lunch: Teri Burger, Shredded Lettuce, Tomato Slice, Potato Rounds, Fresh Orange Wedge <p style="text-align: center;">Gr 2/3 – Letter Day</p>	<p style="text-align: right;">29</p> Breakfast: Chilled Apple Juice, Breakfast Pizza Pocket, Cinnamon Toast Lunch: Hawaiian Beef Stew, Steamed Rice, Fresh Apples, Buttered Biscuit <p style="text-align: center;">SPED - Artic</p>	<p style="text-align: right;">30</p> Breakfast: Chilled Pineapple Chunks, Fried Rice, Poultry Patty Lunch: Tuna Sandwich on W.W. Bun, Deli Season Potatoes, Shredded Lettuce, Fresh Tangerines <p style="text-align: center;">Gr 6 – Letter Day</p>	<p style="text-align: center;">EAT SCHOOL LUNCH!</p> 