



September 2011 Menu MAHS



Offered daily for breakfast: Milk(1%, skim, chocolate skim), juice, cereal, cereal bars, yogurt, cheese sticks, and toast.
 Offered Daily for Lunch: Milk, whole grain white bread, butter, and peanut butter.
Soup, Sandwich, and/or Salad Bar Offered Daily!

Breakfast Prices:	\$1.25	Grades K-12	FREE	Reduced Rate		
Lunch Prices:	\$1.70	Grades K-6	\$1.75	Grades 7-12	\$0.40	Reduced Rate

September 6, 2011 Tuesday Breakfast: Breakfast Pizza

Lunch: Choice of Chicken Poppers, Macaroni & Cheese, or Cuban Turkey on a bun
 With wild rice blend **F2S**, steamed broccoli, fresh carrots, and grapes.

September 7, 2011 Wednesday Breakfast: Homemade Pancakes

Lunch: Choice of Hot Dogs/bun **F2S**, Sweet Chili Chicken Wrap, or Tilapia
 With cob corn **F2S** , fresh cherry tomatoes **F2S** , and mandarin oranges.

September 8, 2011 Thursday Breakfast: Breakfast Bites

Lunch: Choice of Chicken Breast /bun, Philly Steak & Cheese, or Seafood Scampi
 With baked beans, fresh celery w/ peanut butter dip, and watermelon slices.

September 9, 2011 Friday Breakfast: Yogurt Parfaits

Lunch: Choice of Spaghetti/ meat sauce, Kung Poa Beef/ noodles, and Brats/bun
 With garlic breadstick, Caesar salad, fresh cucumbers **F2S**, and sliced peaches.



September 12, 2011 Monday Breakfast: French Toast Sticks

Lunch: Choice of Chicken Nuggets, General Tso Chicken, or Hot Ham/Cheese Crois.
 With corn, fresh carrots & ranch dip, and sliced pears.

September 13, 2011 Tuesday Breakfast: Eggs & Toast Your Way!

Lunch: Choice of Pizza, Teriyaki Chicken Breast, or Sweet & Sour Pork
 With green beans, fresh jicama sticks, and a banana.

September 14, 2011 Wednesday Breakfast: Cinnamon Tasties

Lunch: Choice of Beefy Nachos/cheese sauce, Lasagna, or Pizza Burger/bun
 With fresh salsa **F2S** , lettuce salad, and pineapple chunks.

September 15, 2011 Thursday Breakfast: Pancake on a stick

Lunch: Choice of Shredded Pork/bun **F2S**, Volcano Burger, or Cabbage Casserole **F2S**
100 Mile Day! With Rosemary roasted potatoes **F2S**, fresh garden vegetables **F2S**, and a fresh apple **F2S**

September 16, 2011 Friday Breakfast: Oatmeal Sundae

Lunch: Choice of Cheese burger /bun, Seafood Alfredo, or Taco Salad
 With calico beans, fresh cauliflower, pickles **F2S**, and a fresh pear.



September is Farm to School Month!

Our Farm to School items this month include: Apples, Beef Hotdogs, Wild Rice, Honey, Peppers, Cucumbers, Sweet Corn, Potatoes, Tomatoes, Green Beans, and more!



MENU SUBJECT TO CHANGE





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September 19, 2011 Monday Breakfast: Rancheros

Lunch: Choice of Max Sticks/ sauce, Mostaccoli, or Buffalo Chicken Croissant
 With green beans, fresh carrots, and fresh oranges.

September 20, 2011 Tuesday Breakfast: Breakfast Pizza

Lunch: Choice of Softshell Taco(beef or chicken), French Dip, or Smothered Pork Chop
 With black bean salsa, corn, and applesauce.

September 21, 2011 Wednesday Breakfast: Cold Cereal or Bagels

Lunch: Choice of Chicken Alfredo/rotini, Sweet Tater Hotdish, or Meatloaf Sand.
 With steamed broccoli, Caesar salad, and cut apples **F2S**.

September 22, 2011 Thursday Breakfast: Breakfast Bites

Lunch: Choice of Pork Chop, Hamburger/bun, or Country Fried Steak
 With mashed potatoes, biscuit & honey butter **F2S** fresh cucumbers, and kiwi.

September 23, 2011 Friday Breakfast: Yogurt Parfaits

Lunch: Choice of Meatball Subs, Turkey Burger, or Chicken Tetrazzini
 With sweet fries, fresh celery w/ peanut butter dip, and mandarin oranges.



September 26, 2011 Monday Breakfast: French Toast Sticks

Lunch: Choice of Tiger Wraps, Bourbon Street Chicken, or Szechwan Beef Wraps
 With wild rice blend **F2S**, honey carrots **F2S**, shredded romaine, and sliced pears.

September 27, 2011 Tuesday Breakfast: Biscuits and Gravy

Lunch: Choice of BBQ/bun, Pork Fritter Sandwich, or Turkey Hotdish (w/stuffing)
 With green beans, fresh green peppers **F2S**, fresh carrots, and banana.

September 28, 2011 Wednesday Breakfast: UBR Breakfast Round

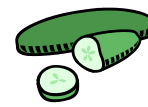
Lunch: Choice of Taco in a bag/toppings, Chipolte Shrimp, or BBQ Pork Sandwich
 With corn, fresh broccoli, lettuce, and sliced peaches.

September 29, 2011 Thursday Breakfast: Pancake on a stick

Lunch: Choice of BBQ Chicken Drumsticks, Swedish Meatballs, or Quesidilla
Wild West Tasting! With baked beans, fresh jicama, fresh apple **F2S**, and a Tiger Brownie.

September 30, 2011 Friday Breakfast: Breakfast Sandwich

Lunch: Choice of Fish Sticks, Beef Burrito, or Meatball Sub
 With mashed potatoes, fresh carrots, fresh cherry tomatoes, and grapes.



Thank you to all of the farmers and producers who grow food to help our minds grow!

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