

COMPLETE LUNCH \$2.50











MILK \$.55

BALANCED CHOICE

SEPTEMBER 2009

COUNCIL ROCK SCHOOL DISTRICT ELEMENTARY MENU

*DENOTES A MEATLESS ENTRÉE

Monday	Tuesday	Wednesday	Thursday	Friday
August 31	1	2	3	4
Welcome Back * Pizza Dunkers w/Pizza Sauce Tossed Salad w/Asst. LF Dressing Chilled Peaches Goldfish Crackers Choice of Skim or 1% Milk	STICKER DAY  Pasta w/Meatballs in Sauce * or Marinara Sauce w/Shredded Mozz. Cheese Garlic Bread Peas Chilled Mixed Fruit Choice of Skim or 1% Milk	Breakfast for Lunch French Toast Sticks w/Syrup Sausage Baked Potato Tots Chilled Orange Juice Baked Apple Slices Choice of Skim or 1% Milk	 Baked Breaded Chicken Nuggets w/Honey Mustard Breadstick Baked Potato Wedges Green Beans Chilled Cherry Cup Choice of Skim or 1% Milk	Holiday All Schools Closed Offices Open
7	8	9	10	11
Labor Day All Schools & Offices Closed	STICKER DAY  * Baked Macaroni & Cheese Breadstick Green Beans Chilled Peaches Choice of Skim or 1% Milk	Nacho Lunch Baked Tostitos Scoops Mexican Meat * or Refried Vegetarian Beans Cheese Sauce Baked Beans Fresh Orange Choice of Skim or 1% Milk	Baked Breaded Popcorn Chicken w/Dipping Sauce Dinner Roll Peas & Carrots Chilled Pears Choice of Skim or 1% Milk	Premium Pizza * Plain or Pepperoni Tossed Salad w/Asst. LF Dressing Chilled Pineapple Choice of Skim or 1% Milk
14	15	16	17	18
Philly Steak Plain or w/Cheese on a Italian Roll Baked French Fries Chilled Cinnamon Apple Slices Choice of Skim or 1% Milk	 Pasta w/Ital. Meat Sauce * or Marinara Sauce w/Shredded Mozz. Cheese Dinner Roll Carrots Jello w/Mixed Fruit Choice of Skim or 1% Milk	Breakfast for Lunch Scrambled Egg Patty Baked Funnel Cake Baked Ham Orange Juice Chilled Peach Cup Choice of Skim or 1% Milk	 Baked Breaded Chicken Nuggets w/Dipping Sauce Dinner Roll Peas Fresh Petite Banana Chocolate Pudding Choice of Skim or 1% Milk	Premium Pizza * Plain or Pepperoni Fresh Veggies w/LF Ranch Dressing Chilled Pears Choice of Skim or 1% Milk
21	22	23	24	25
 Baked Breaded Chicken Patty on a Whole Grain Bun w/Lettuce & Tomato Seasoned Mixed Vegetables Chilled Applesauce Choice of Skim or 1% Milk	 Pasta w/Italian Meat * or Marinara Sauce w/Shredded Mozz. Cheese Seasoned Broccoli Chilled Pears Choice of Skim or 1% Milk	Walking Taco w/Baked Tostitos Scoops Mexican Meat * or Refried Vegetarian Beans Shredded Cheddar Cheese Corn Fresh Apple Choice of Skim or 1% Milk	Baked Breaded Popcorn Chicken w/Dipping Sauce Mini Pretzel Seasoned Green Beans Baked Cherry Crisp Choice of Skim or 1% Milk	Premium Pizza * Plain or Pepperoni Tossed Salad Greens w/Asst. LF Dressing Chilled Peaches Choice of Skim or 1% Milk
28	29	30	October 1	
Holiday All Schools Closed Offices Open	 Spaghetti w/Meatballs in Pasta Sauce * or Marinara Sauce w/Shredded Mozz. Cheese Dinner Roll Tossed Salad w/Asst. LF Dressing Chilled Applesauce Choice of Skim or 1% Milk	Breakfast for Lunch Pancakes w/Warm Syrup Sausage Baked Potato Rounds Fresh Orange Smile Choice of Skim or 1% Milk	 Baked Breaded Chicken Nuggets w/Duck Sauce Oriental Fried Rice Seasoned Carrots Chilled Pineapple Chunks Fortune Cookie Choice of Skim or 1% Milk	
MONDAY ALTERNATES	TUESDAY ALTERNATES	WEDNESDAY ALTERNATES	THURSDAY ALTERNATES	FRIDAY ALTERNATES
Garden Salad w/Tuna or * Cheese & Roll w/Fruit Choice * Pizza Square or * Vegetable Burger w/Cheddar & Salsa on a Whole Grain Bun Both Include Fruit & Vegetable Choice of Skim or 1% Milk	* Garden Salad w/Yogurt, Cheese & Roll w/Fruit Choice * Pizza Square or * Nacho Fun Lunch Both Include Fruit & Vegetable Choice of Skim or 1% Milk	Caesar Salad w/Popcorn Chicken & Roll w/Fruit Choice * Pizza Square or Hot Dog on a Bun Both Include Fruit & Vegetable Choice of Skim or 1% Milk	* Garden Salad w/Yogurt, Cheese & Roll w/Fruit Choice * Pizza Square Includes Fruit & Vegetable * Grilled Cheese on Whole Grain Bread Tomato Soup & Fruit Choice of Skim or 1% Milk	Garden Salad w/Tuna or * Cheese & Roll w/Fruit Choice * Pizza Square Scrambled Egg & Ham on a Bagel Both Include Fruit & Vegetable Choice of Skim or 1% Milk

Menu subject to change without notice.

Questions?

Please Call Joseph Twardowski, Director of Dining Services
 215-944-2797 or E-Mail: jtwardowski@crsd.org

www.eatlearnlive.com


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