
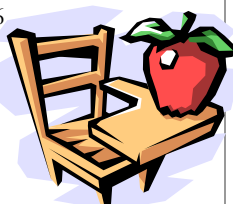
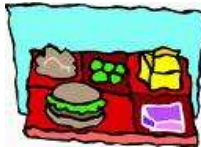


Breakfast & Lunch Menus September 2010

Saranac Elementary School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>New Breakfast Menu Items!!!! Start your Day</i> Monday – Hot Ham & Cheese on Eng. Muffin Fruit/ Milk Tuesday – Brkfast Pizza Fruit / Milk</p>	<p>Wednesday - Cereal Wheat Toast PB&J Fruit Juice / Milk Thursday – Combo Bar Graham Crackers Fruit/ Milk</p>	<p>Friday – Bagel w/ PB or Lowfat Cr Cheese Fruit / Milk <i>Milk Variety Daily:</i> ½% Chocolate Milk ½% Strawberry Milk 1%, & Fat free Milk</p>	<p>1 No School Superintendent’s Day</p>	<p>2 No School Superintendent’s Day</p>	<p>3 <u>2010/11 Meal Prices</u> Brkfast: K-12 \$1.25 Reduced: \$.25 Lunch: K-5: \$1.85 Reduced: \$.25 Adult: \$3.55 Milk: \$.55</p>	<p>4 <u>Nutrient Analysis Weekly Averages</u></p>
<p>5 Please submit all Free and Reduced Applications to your child’s school As Soon As Possible. Thank you!!</p>	<p>6  No School –Labor Day</p>	<p>7 Welcome Back!!! Chicken Nuggets w/ Dipping Sauces Brown Rice Cut Green Beans Wheat Roll Chilled Fruit/ PB&J Sand</p>	<p>8 Pizza (Cheese,Pepp) Tossed Salad/ Dressing Mozzarella Sticks Mixed Fruit PB & J Sandwich</p>	<p>9 Hamburger w/ or w/out Cheese on Wheat Bun Lettuce/ Tomato Brown Rice/Peas & Carrots Cinn Applesauce Turkey Sandwich</p>	<p>10 Hot Ham & Cheese on Wheat Roll Cucumber & Tomatoes w/ Ranch Dressing/Pickles Frozen Iced Juice Bar Raisins PB & J Sandwich</p>	<p>11 685 Calories 30 % Total Fat 9 % Saturated Fat 5 gm. Fiber 1208 gm Sodium</p>
<p>12 Any *Foods listed as above means that there are NUTS in them.</p>	<p>13 Italian Dunkers (Melted Cheese on Wheat roll, Marinara) Broccoli Peaches/*Trail Mix Turkey Sandwich</p>	<p>14 Egg or Tuna Salad Sand, on Wheat Bread Lettuce/ Tom/Onion Pretzel Rods Pickles Banana/ PB & J</p>	<p>15 Hot Turkey/Cheese on Bagel Carrot & Celery Sticks w/ Ranch Dressing Apple Slices w/ *Peanut Butter</p>	<p>16 Chef’s Salad Soft Pretzel w/Cheese Black Forest Cake w/ Topping PB & J Sandwich</p>	<p>17 Pizza (Cheese,Pepp) Tossed Salad/ Dressing Pears *Fruit & Nut Trail Mix Turkey Sandwich</p>	<p>18 664 Calories 30 % Total Fat 8 % Saturated Fat 7 gm. Fiber 1165 gm Sodium</p>
<p>19 Alternative Sandwiches Listed daily. Questions regarding our Menus:: 565-5932.</p>	<p>20 Hamburger w/or w/out Cheese on Wheat Bun Lettuce/ Tomato Brown Rice Peaches PB & J Sandwich</p>	<p>21 Ham/Tuna/Turkey Sub on Wheat Roll Lettuce/ Tom/Onion Veggie Mac. Salad Pickles * Cherry Cobbler</p>	<p>22 Chicken Patty on Wheat Bun/Lett/Tom Pickles/ Tater Tots Assorted Chilled Fruit PB & J Sandwich</p>	<p>23 Early Release K-5 Hot Dog on Wht Bun Pretzel Rods Carrot Sticks/ Ranch Pears/ Raisins Turkey Sandwich</p>	<p>24 Pizza (Cheese,Pepp) Cut Green Beans Peaches *Fruit & Nut Trail Mix PB & J Sandwich</p>	<p>25 664 Calories 29 % Total Fat 7 % Saturated Fat 6 gm. Fiber 1181 gm Sodium</p>
<p>26 </p>	<p>27 PB & J Sandwich Pretzel Rods Assorted Fresh Veggies Ranch Dressing Pears Ham Sandwich</p>	<p>28 Top a Baked Potato (Meat, Shred. Cheese, Broccoli, Lettuce Sour Cream, Salsa) Wheat Roll Harvest Pear Cake w/ Topp/ PB & J Sandwich</p>	<p>29 Pancakes or Waffles Ham Slice Maple Syrup Orange Halves Applesauce Raisins PB & J Sandwich</p>	<p>30 Grandparents’ Day3-5 Roast Turkey w/ Gravy Mashed Potatoes Cut Green Beans Cranberry Sauce Wheat Dinner Roll Autumn Desserts</p>	<p></p>	<p>684 Calories 29 % Total Fat 8 % Saturated Fat 6 gm. Fiber 914 gm Sodium</p>