



2010 September

September is Fruit and Vegetable Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>More Info...</p> <p>Offered Daily: Fresh apples & oranges & Bread basket.</p> <p>Choose from our kid tested favorites menu listed on the left or choose a slice of <u>Tony's Cheese Pizza</u> Or <u>Premade Salad</u></p> <p><u>Fruit and Vegetable Bar</u></p> <p>Milk A la carte: \$.30 Student Lunch: \$2.50 Adult Lunch: \$2.80</p> <p>Our Pizzas are Tony's "SMART" pizza – 25% lower in fat with whole grain crust</p>
		1 Chicken Parmesan Sandwich Cheeseburger on a Bun Peas Sliced Apples Milk	2 Pasta with Meat Sauce Texas Toast Toasted Cheese Sandwich Peas Mandarin Oranges Milk	3 <u>Lucky Tray Day</u> Hamburger on a Bun Pepperoni or Cheese Pizza Corn Peaches Milk	
6 Labor Day No School	7 Pancakes w/Syrup Sausage Patty Hot Dog on a Bun Apple Juice Mixed Fruit Milk	8 <u>Lucky Tray Day</u> Pizza Burger on a Bun Turkey Sub Fresh Carrots with Ranch Dressing Peaches Milk	9 Chicken Nuggets With BBQ Sauce Toasted Cheese Sandwich Corn Pineapple Chunks Milk	10 BBQ Riblet Pepperoni or Cheese Pizza Corn Pears Milk	
13 <u>Lucky Tray Day</u> Chicken Patty Sandwich Hot Dog on a Bun Baked Beans Applesauce Milk	14 Early Dismissal No Service	15 Nachos with Beef And Cheese Sauce Italian Sub Green Beans Diced Pears Milk	16 Baked Mac and Cheese Texas Toast Baked Corn Dog Corn Peaches Milk	17 Meatball Sub Pepperoni or Cheese Pizza Peas Applesauce Milk	
20 Soft Pretzels With Cheese Sauce Turkey and Cheese Sandwich Green Beans Sliced Apples Milk	21 Chicken Nuggets With BBQ Sauce Hot Dog on a Bun Fresh Broccoli w/Ranch Dressing Pineapple Chunks Milk	22 French Toast Sticks Sausage Patty BBQ Riblet Sandwich Apple Juice Peaches Milk	23 <u>Lucky Tray Day</u> Soft Shell Tacos Cheese and Salsa Turkey and Cheese Sandwich Corn Applesauce Milk	24 Chicken Patty Sandwich Pepperoni or Cheese Pizza Peas Pears Milk	
27 Cheese Ravioli With Meat Sauce Texas toast Hot Dog on a Bun Corn Applesauce Milk	28 Baked Corn Dog BBQ Riblet Sandwich Green Beans Diced Pears Milk	29 Chicken Patty Sandwich Pizza Burger on a Bun Peas and Carrots Sliced Apples Milk	30 Toasted Cheese Sandwich Hot Dog on a Bun Oven Potatoes Mandarin Oranges Milk	<u>Lucky Tray Day</u> If you have the Lucky Dot on the bottom of your tray you win a prize.	

Palos West Elementary School

Special News...

Employment opportunities are available in our cafeterias. Work when your children are in school. For details contact Dee at 708-448-5971 X3967.

Menus are subject to change without notice.

