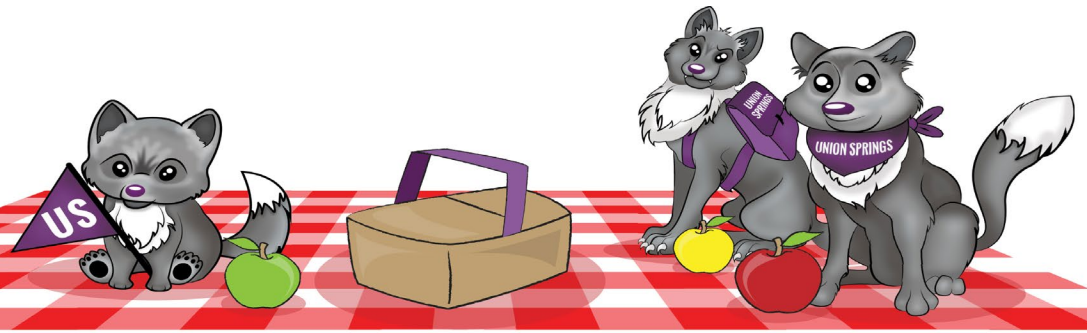


SEPTEMBER



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Choices: 1% or Skim Milk Juice or fruit Choice of Bagel, Cereal, donut, Frudel or Mini Cinnis cresent		3 Popcorn chicken w/ketchup Dinner Roll *W/ Rice Carrots Chilled or fresh fruit	4 ELEM MeatballSub HS meatballs w/pizza sticks Savory Green Beans Chilled or fresh fruit	5 Turkey & Gravy over Mashed potatoes Corn Wheat Roll Chilled or Fresh Fruit	6 Beef Taco W Cheese& lettuce In wheat wrap Broccoli Chilled or fresh fruit
Breakfast Price: Paid - \$1.75/\$1.85 Reduced - \$.25 Lunch Price: Paid - \$2.35/\$2.45 Reduced - \$.25	9 Whole grain pizza Chopped Broccoli Chilled or Fresh Fruit	10 Bacon Cheeseburger with Ketchup on Wheat Bun Refried VegetarianBeans Chilled or Fresh Fruit	11 Chicken Quesadilla & Salsa Carrots Chilled or Fresh Fruit	12 Whole Grain Fiesta Pasta with Meat Sauce Steamed Green Peas Chilled or Fresh Fruit	13 Crispy Fish Patty with Cheese on a Wheat Bun Corn/ *Coleslaw Chilled or Fresh Fruit
Sandwich Choice Tuna, Turkey or PBJ with a Cheese Stick	16 Cheesy Mac w/ Chicken Steamed Broccoli Chilled or Fresh Fruit	17 Beef & Gravy over Mashed Potatoes Garlicky Green Beans Wheat Roll Chilled or Fresh Fruit	18 BBQ Chicken on a Bun Sliced Carrots Chilled or Fresh Fruit	19 French Toast Sticks with Syrup Sausage Patty Potatoes Chilled or Fresh Fruit	20 Beef Enchilada with Cheese & Rice Refried Vegie Beans Chilled or Fresh Fruit
Extra Milk - \$.60 Extra Fruit or Veggie - \$.70 Ice Cream Cup - \$.60/.90	23 Chicken Patty *Chicken Parmesan on a Wheat Bun Steamed Broccoli Chilled or Fresh Fruit	24 Cheeseburger with Ketchup on Wheat Bun Black & veg bean Blackeyed peas & rice Chilled or Fresh Fruit	25 Deli Day Turkey & Ham W/ Cheese, Lettuce & Tomato on a Sub Roll Garlicky Green Beans Chilled or fresh fruit	26 Stuffed Crust Pizza Carrots Chilled or Fresh Fruit	27 Crispy Fish Patty with Cheese on a Wheat Bun Corn Chilled or Fresh Fruit
All Meals are Served with a Choice of Milk: 1% , Skim or Fat-Free Chocolate	Sloppy Joe w/ Wheat Bun Broccoli Cuts Chilled or fresh fruit	*High School Only		Sandwich Choice of: Tuna Turkey Or PBJ W/ Cheese Stick	

DELI BAR TO GO! Freshly prepared sandwiches with assorted deli meats, cheese and accompaniments prepared daily on Whole Wheat Bread, Kaiser Roll or a Sub Roll. Also we have JULIENNE SALADS!

***At both breakfast and lunch you must choose AT LEAST 3 OF THE 5 ITEMS to make a meal. One of these must be a fruit or veggie or you will be charged Ala Carte price.**

*School Will Vary in Options/Menus May Vary

*If there is a delay in the start of school, breakfast will not be served.

*If you have any concerns please contact Kathy Smith at (315) 889-4120.

* Prepay by Using:



Cash Or Checks Made Out to "USCS LUNCH FUND"