



Island Trees Schools

Secondary Menu

September 2008



Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
		Spicy or Plain Chicken Patty on a Bun Corn Fruit	Hamburger/ Cheeseburger French Fries Carrots Fruit	Plain or Pepperoni Pizza Slice Tossed Salad Fruit
8	9	10	11	12
Chicken Fajitas Rice Peppers & Onions Fruit	Grilled Cheese with or without Ham Carrots Fruit	Spaghetti and Meatballs Garlic Bread Green Bean Salad Fruit	Nathan's Hot Dog French Fries Sauerkraut/Corn Fruit	Pizzeria Style Pizza Tossed Green Salad Fruit
15	16	17	18	19
Mashed Potato Bowl Chicken/Gravy Corn/Cheese Fruit	Nachos Grande Meat /Cheese Lettuce/Salsa Sour Cream Fruit	Pasta with Choice of Sauce Cheese Sticks Mixed Vegetables Fruit	Hamburger/ Cheeseburger French Fries Buttered Carrots Fruit	Plain or Pepperoni Pizza Slice Garden Salad Fruit
22	23	24	25	26
Chicken Patty on a Whole Wheat Bun Peas Fruit	Taco Day Choice of Hard or Soft Tacos with all the Fixins Fruit	Pasta Alfredo Italian Bread Steamed Broccoli Fruit	BBQ Pulled Pork On a Bun French Fries Fruit	Personal Pan Pizza Green Bean Salad Fruit
29	30	<h1>Welcome Back!</h1>		
Philly Cheese Steak Tater Tots Corn Fruit	Rosh Hashanah No School			

Lunch \$1.60

Daily Alternatives

Sandwiches-Tuna,Egg Salad,
Ham, Cheese Lettuce &
Tomato

**Assorted Salads Available
Daily**

Boars Head Heros

Available Daily \$ 3.50

Choose Sensibly

Snacks \$.50-\$1.00

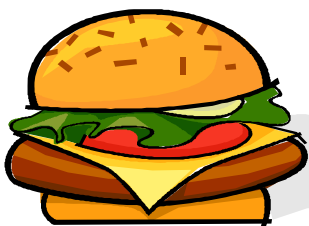
Baked Chips, Popcorn,
Gold Fish, Sun Chips,Pretzels
Graham Crackers,100 Calorie
Packs, Nutrigrain Bars
100 Calorie Packs

Choice of Milk/Juice

1% chocolate
1% strawberry
1% white
skim

Available Daily

Soup \$.65/ \$.80 cup
Bottled Water \$1.00
Fresh and Canned Fruit \$.50



Peggy McElhinney
Director of Food Services
520-2145

