



Island Trees Schools Elementary Menu October 2009



Mon	Tue	Wed	Thu	Fri
<h1>Happy Halloween</h1>			1 TACO DAY Meat/Cheese Lettuce/Salsa Sour Cream Fruit	2 Plain or Pepperoni Pizza Slice Tossed Salad Fruit
			5 Popcorn Chicken Rice Corn Fruit	6 Brunch for Lunch Scrambled Eggs Waffle Sticks Hash Browns Fruit
12 Columbus Day No School	13 Chicken Tenders Mashed Potatoes Carrots Fruit	14 Pasta w/ Marinara Sauce Cheese Sticks Mixed Vegetables Fruit	15 Nathan's Hot Dog Potato Puffs Sauerkraut Fruit	16 Plain or Pepperoni Pizza Slice Green Salad Fruit
19 Chicken Nuggets Rice Peas Fruit	20 Brunch for Lunch Scrambled Eggs Pancakes Hash Browns Fruit	21 Cheese Ravioli Italian Bread Garden Salad Fruit	22 Hamburger/ Cheeseburger French Fries Carrots Fruit	23 French Bread Pizza Celery and Carrot Sticks Fruit
26 Grilled Cheese with or without Ham Tomato Soup Fruit	27 TACO DAY Meat/Cheese Lettuce/Salsa Sour Cream Fruit	28 Baked Ziti Italian Bread String Bean Salad Fruit	29 Chicken Patty on a Bun Tater Tots Corn Fruit	30 Happy Halloween Plain or Pepperoni Pizza Salad Fruit

Lunch \$ 1.40

Daily Alternate Lunch
Sandwiches-Tuna Salad, Egg
Salad, Ham&Cheese, Ch
Lettuce&Tomato
Lunch Salads Available Daily

Choose Sensibly Snacks \$.50-\$1.00

Baked Chips, Popcorn,
Gold Fish, Sun Chips, Pretzels,
Graham Crackers,

Choice of Milk/Juice

2% white
1% chocolate
1% strawberry
1% white
skim milk
apple juice, orange juice
fruit punch, grape juice

Available Daily

Soup \$.65 / \$.80 cup
Bottle Water \$.50/ \$1.00
Fresh & Canned Fruit \$.50

Lunch Consists of:

Entrée
Choice of Vegetable/Soup
Choice of Fruit
Milk or Fruit Juice



Peggy McElhinney
Director of Food Services
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