



Island Trees Schools

Secondary Menu

October 2009



Mon	Tue	Wed	Thu	Fri
			1	2
			Nathan's Hot Dog Tater Tots Sauerkraut Fruit	Individual Pan Pizza Carrot and Celery Sticks Fruit
5	6	7	8	9
Chicken and Cheese Quesadilla Rice/Corn Fruit	Grilled Cheese with or without Ham Tomato Soup Fruit	Pasta Alfredo Italian Bread Broccoli Fruit	BBQ Boneless Ribs on a Bun French Fries Fruit	Plain or Pepperoni Pizza Slice Tossed Salad Fruit
12	13	14	15	16
Columbus Day Schools Closed	Nacho's Grande Meat/Cheese Salsa/Sour Cream Fruit	Pasta and Meatballs Garlic Bread Green Bean Salad Fruit	Spicy Chicken Patty French Fries Corn Fruit	Stuffed Crust Pizza Cucumber Slices Fruit
19	20	21	22	23
Chicken Tacos Cheese/Lettuce Salsa/Sour Cream Corn Fruit	Beef Gyro in a Pita Lettuce/Tomato Onion,Tzatziki Fruit	Meatball Hero Garden Salad Fruit	Hamburger/ Cheeseburger French Fries Carrots Fruit	Plain or Pepperoni Pizza Slice Garden Salad Fruit
26	27	28	29	30
Pulled BBQ Pork on a Roll Cucumber Slices Fruit	Mashed Potato Bowl Chicken/Gravy Corn/Cheese Fruit	Spaghetti and Meatballs Garlic Bread Carrot/Raisin Salad	Jumpin' Jack Turkey Wrap Salsa/Corn Fruit	Individual Pan Pizza Carrot and Celery Sticks Fruit

Lunch \$1.60

Daily Alternatives

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

**Assorted Salads Available
Daily**

Boars Head Heros

Available Daily \$ 3.50

Choose Sensibly

Snacks \$.50-\$1.00

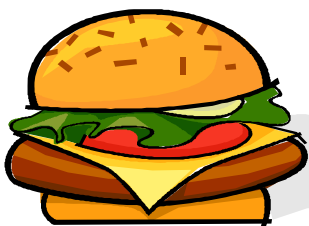
Baked Chips, Popcorn,
Gold Fish, Sun Chips,Pretzels
Graham Crackers,Pop Tarts,
100 Calorie Packs,Nutrigrain
Bars,

Choice of Milk/Juice

1% chocolate
1% strawberry
1% white
skim
2% white

Available Daily

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



Peggy McElhinney
Director of Food Services
520-2145

