



Island Trees Schools

Secondary Menu

December 2009



Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	Chicken Tenders Mashed Potatoes Carrots Fruit	Spaghetti and Meatballs Garlic Bread String Bean Salad Fruit	Hamburger/ Cheeseburger French Fries Corn Fruit	Personal Pan Pizza Celery and Carrots Fruit
7	8	9	10	11
Meatball Hero Tossed Salad Fruit	Chicken Fajitas Rice Corn Fruit	Chicken Patty Plain/Parmesan Cucumber Slices Fruit	BBQ Pulled Pork French Fries Carrots Fruit	Plain, Veggie or Pepperoni Pizza Slice Tossed Salad Fruit
14	15	16	17	18
Twin Tacos Meat/Cheese Salsa/Sour Cream Rice/Beans Fruit	Popcorn Chicken Bowl Gravy/Potatoes Cheese/Corn Fruit	Baked Ziti Garlic Bread Veggie Sticks Fruit	Nathan's Hot Dog French Fries Sauerkraut Fruit	Stuffed Crust Pizza Garden Salad Fruit
21	22	23	24	25
Grilled Cheese Tomato Soup Fruit	Oven Fried Chicken Mashed Potatoes String Beans Fruit	Cheese Stick Lunch Tomato Sauce Tossed Salad Fruit	Holiday Recess Schools Closed	Holiday Recess Schools Closed
28	29	30	31	
<h1>Holiday Recess</h1>				

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

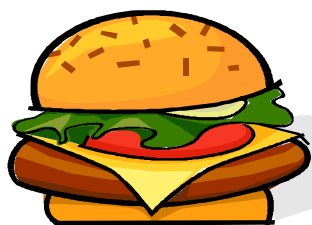
Baked Chips, Popcorn, Gold Fish, Sun Chips, Pretzels, Graham Crackers, Pop Tarts, 100 Calorie Packs, Nutri-grain Bars,

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

