



Island Trees Schools

Secondary Menu

November 2009



Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Chicken Patty on a Wheat Bun Rice Carrots Fruit	 Conference Day No School	Meatballs and Spaghetti Garlic Bread Cucumber Slices Fruit	SLIDERS Mini Hamburgers/ Cheeseburgers French Fries Corn/Fruit	Plain or Pepperoni Pizza Slice Garden Salad Fruit
9	10	11	12	13
Grilled Cheese Tomato Soup Fruit	Chicken Fajita Rice Bowl Peppers/Onions Corn/Cheese/Salsa Fruit	Veteran's Day No School	Nathan's Hot Dog French Fries Sauerkraut/Beans Fruit	Stuffed Crust Pizza Tossed Salad Fruit
16	17	18	19	20
Chicken Patty on a Wheat Bun Lettuce/Tomato Carrots Fruit	Twin Tacos Meat/Cheese Salsa/Sour Cream Rice/Beans Fruit	Meatball Hero Cucumber Slices Fruit	Jumpin' Jack Turkey Wrap Tater Tots Corn Fruit	Plain or Pepperoni Pizza Slice Celery & Carrots Fruit
23	24	25		
Chicken Cordon Bleu on a Roll Carrots Fruit No School MS	Hamburger/ Cheeseburger French Fries Corn Fruit No School HS	Spaghetti and Meatballs Garlic Bread String Bean Salad Fruit	Thanksgiving Recess Schools Closed	Thanksgiving Recess Schools Closed
30				
Nachos Grande Meat/Cheese Lettuce/Salsa 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

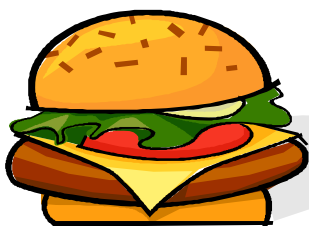
Baked Chips, Popcorn,
Gold Fish, Sun Chips,Pretzels
Graham Crackers,Pop Tarts,
100 Calorie Packs,Nutrigrain
Bars,

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

