



# Island Trees Schools

## Secondary Menu

### September 2009



Mon	Tue	Wed	Thu	Fri
		9	10	11
		Popcorn Chicken Rice Corn Fruit	Hamburger/ Cheeseburger French Fries Carrots Fruit	Plain or Pepperoni Pizza Slice Garden Salad Fruit
14	15	16	17	18
Chicken Fajitas Onions/Peppers Cheese/Salsa Rice Fruit	Grilled Cheese with or without Ham Tomato Soup Fruit	Meatballs and Spaghetti Garlic Bread Cucumber Slices Fruit	Shredded Pork BBQ on a roll French Fries Fruit	Pizzeria Style Pizza Carrots and Celery Sticks Fruit
21	22	23	24	25
Oven Baked Chicken Mashed Potatoes Carrots Fruit	<b>Taco Day</b> Hard or Soft Tacos w/Cheese,Lettuce Salsa,&Sour Cream Fruit	Baked Ziti Italian Bread Broccoli Fruit	Hamburger/ Cheeseburger French Fries Corn Fruit	Plain or Pepperoni Pizza Slice Tossed Salad Fruit
28	29	30		
<b>Yom Kippur No School</b>	Mashed Potato Bowl Chicken/Gravy Corn/Cheese Fruit	Spaghetti and Meatballs Garlic Bread Salad Fruit		
<h1>Welcome Back!</h1>				

**Lunch \$1.60**

**Daily Alternatives**

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

**Assorted Salads Available  
Daily**

**Boars Head Heros**

Available Daily \$ 3.50

**Choose Sensibly**

**Snacks \$.50-\$1.00**

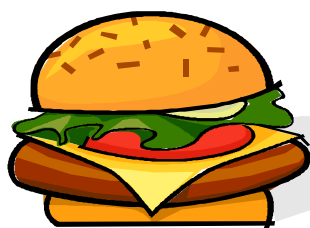
Baked Chips, Popcorn,  
Gold Fish, Sun Chips,Pretzels  
Graham Crackers,Pop Tarts,  
100 Calorie Packs,Nutrigrain  
Bars,

**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



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