



2009 September

ASIAN FAVORITES this month!

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>DAILY 2 Vegetable Options (hot or cold) AND 4 Fruit Options (apple, orange, banana or fruit)</p>	<p>1 Pancakes w/Syrup & Turkey Links Cheeseburger on Bun Ham & Ch. Sandwich** Tater Tots/Broccoli Florets Peaches</p>	<p>2 Beef Nachos Turkey Corn Dog Mini Sub Sandwich** Golden Corn/Baby Carrots Applesauce</p>	<p>3 Spaghetti & Meat Sauce Toasted Ch. Sandwich Turkey/Ch. Sandwich Tossed Salad/Dressing or Celery Sticks Pears</p>	<p>4 Homemade Pepperoni Pizza** Chicken Quesadilla Garden Peas/Baby Carrots Mixed Fruit</p>	
<p>7 LABOR DAY No School</p>	<p>8 Brd. Chicken Nuggets Italian Meatball Sub Ham & Ch. Sandwich** Green Beans Applesauce</p>	<p>9 Hot Ham & Ch. Biscuit** Caribbean Sloppy Joe Mini Sub Sandwich** Tater Tots/Baby Carrots Peaches</p>	<p>10 Italian Dunkers Hamburger on Bun Turkey/Ch. Sandwich Tossed Salad/Dressing or Celery Sticks & Pears</p>	<p>11 Homemade Sausage Pizza** Turkey Dog on Bun Carrot Coins/Baby Carrots Mixed Fruit</p>	
<p>SPECIAL....ASIAN CHICKEN MANDARIN SALAD this week only! (Breaded Chicken Strips on bed of Mixed Greens with Mandarin Oranges & Crispy Chow Mein Noodles & side of Citrus Dressing)</p>					
<p>14 Fr. Toast Sticks & Syrup w/Turkey Pattie Cheeseburger on Bun Mini Sub Sandwich** Tater Tots/Baby Carrots Pineapple Chunks</p>	<p>15 Beef Nachos Turkey Corn Dog Ham & Ch. Sandwich** Golden Corn or Broccoli Florets Pears</p>	<p>16 Chicken & Noodles w/Biscuit Toasted Ch. Sandwich Mini Sub Sandwich** Tossed Salad/Dressing or Baby Carrots Applesauce</p>	<p>17 Pattie Melt Sandwich BBQ Pork Ribette** Turkey/Ch. Sandwich Garden Peas/Celery Sticks Peaches</p>	<p>18 Homemade Pepperoni Pizza** Chicken Quesadilla Green Bean/Baby Carrots Mixed Fruit</p>	
<p>21 ASIAN FAVORITES ALL WEEK LONG.....CHECK THEM OUT! General Tsao's Chicken Cheeseburger on Bun Mini Sub Sandwich** Carrot Coins/Baby Carrots Pears</p>	<p>22 Asian Chicken Slider Bkft. Bagel w/Egg & Ch. Ham & Ch. Sandwich** Tater Tots/Broccoli Florets Mixed Fruit</p>	<p>23 Beef & Broccoli w/Rice Turkey Dog on Bun Mini Sub Sandwich** Refried Beans/Baby Carrots Peaches</p>	<p>24 Asian BBQ Pork Noodle Bowl Italian Meatball Sub Turkey/Ch. Sandwich Tossed Salad/Dressing or Celery Sticks & Applesauce</p>	<p>25 INSTITUTE DAY No Students</p>	
<p>28 Beef Ravioli w/Garlic Bd. Toasted Ch. Sandwich Mini Sub Sandwich** Tossed Salad/Dressing or Baby Carrots Pears</p>	<p>29 Beef Nachos Turkey Corn Dog Ham & Ch. Sandwich** Golden Corn/Broccoli Florets Applesauce</p>	<p>30 Waffles/Syrup w/Turkey Links Cheeseburger on Bun Mini Sub Sandwich** Tater Tots/Baby Carrots Peaches</p>	<p>5 A DAY THE COLOR WAY By including a mix of colors in your diet of 5 to 9 servings daily of fruits & vegetables - you can help maintain a healthy heart, your memory, vision, strong bones & teeth and a lower risk of some cancers.</p>		

We offer several entrees daily!

Choose from one of the three featured selections or Chef Salad or Homemade Cheese Pizza.

Then add at least one of Vegetable or Fruit or Milk.

Milk offered includes 1% White, Skim or 1% Chocolate. Milk is included with the full meal or \$.50 ala carte.

**Pork Products marked with an asterisk.

LUNCH PRICES:
Full Meal \$2.40
Reduced Meal \$.40
Student Entrée Only \$2.40
Adult Meal \$2.90
Adult Entrée Only \$2.90
(Meals include milk)

Call the Food Service Office with questions or concerns:
Judy Swider 708-583-6233 or Susan Walsh 708-583-5463

ELM MIDDLE 12 SPOT

District 401 Meal Guidelines:

The food service has a system that allows money to be put on account to use for food service purchases. Students do not need to carry cash. Students need to maintain a positive account balance. Cash or checks made payable to Elmwood Park School District 401 are accepted. Notification of student account balances are sent home with the students when their accounts are at \$5.00 or less. Students and/or parents can drop payments into the deposit box located in the hall outside the main office.

Menus are subject to change without notice.

