



# 2009 September

ACE'S ACTIVE ADVENTURES BEGINS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b>We offer several entrees daily!</b></p> <p>Choose from one of the three featured selections or Chef Salad or Tony's Cheese Pizza. Then add at least one Vegetable/Fruit (featured on menu or found on the Cold Food Bar) or Milk. Milk offered includes 1% White, Skim or 1% Chocolate. Milk is included with lunch. Milk ala carte \$5.00</p> <p><b>Cold Food Bar Includes:</b></p> <ul style="list-style-type: none"> <li>Whole Baby Carrots</li> <li>Celery Sticks</li> <li>Variety Vegetable</li> <li>Whole Apple</li> <li>Whole Banana</li> <li>Orange Smiles</li> <li>Variety Can Fruit</li> <li>Bread Basket</li> </ul> <p>**Pork Product marked with an asterick.</p> <p><b>LUNCH PRICES:</b></p> <ul style="list-style-type: none"> <li>Full Meal \$2.40</li> <li>Reduced Meal \$3.40</li> <li>Student Entrée Only \$2.40</li> <li>Adult Meal \$2.90</li> <li>Adult Entrée Only \$2.90</li> <li>Chef Salad Only \$2.40</li> </ul> <p>Call the Food Service Office with any questions or concerns: Debbie Mele 708-583-6257 or Susan Walsh 708-583-5463</p>
<p><b>ACE'S ACTIVE ADVENTURES</b> will feature Ace participating in healthy activities to show the importance of good nutrition and exercise.</p>	<p><b>1</b> Pancakes w/Syrup &amp; Turkey Links Cheeseburger on Bun Bologna &amp; Ch. Sandwich Tater Tots Peaches</p>	<p><b>2</b> Beef Nachos Turkey Corn Dog Mini Sub Sandwich** <i>Golden Corn</i> Applesauce</p>	<p><b>3</b> Spaghetti &amp; Meat Sauce Toasted Ch. Sandwich Turkey/Ch. Sandwich <i>Tossed Salad/Dressing</i> Pears</p>	<p><b>4</b> Tony's Pepperoni Pizza** Chicken Quesadilla <i>Garden Peas</i> Mixed Fruit</p>	
<p><b>Cold Food Bar transforms into a <u>SALAD BAR</u> (no Chef Salad available this week)</b></p>					
<p><b>7 LABOR DAY No School</b></p>	<p><b>8</b> Brd. Chicken Nuggets Italian Meatball Sub Bologna &amp; Ch. Sandwich <i>Green Beans</i> Applesauce</p>	<p><b>9</b> Hot Ham &amp; Ch. Biscuit Caribbean Sloppy Joe Mini Sub Sandwich** <i>Tater Tots</i> Peaches</p>	<p><b>10</b> Italian Dunkers Hamburger on Bun Turkey/Ch. Sandwich <i>Tossed Salad/Dressing</i> Pears</p>	<p><b>11</b> Tony's Pepperoni Pizza** Turkey Dog on Bun <i>Carrot Coins</i> Mixed Fruit</p>	
<p><b>SPECIAL....ASIAN CHICKEN MANDARIN SALAD this week only!</b> (Breaded Chicken Strips on bed of Mixed Greens with Mandarin Oranges &amp; Crispy Chow Mein Noodles &amp; side of Citrus)</p>					
<p><b>14</b> Fr. Toast Sticks &amp; Syrup w/Turkey Pattie Cheeseburger on Bun Ham &amp; Ch. Sandwich** <i>Tater Tots</i> Pineapple Chunks</p>	<p><b>15</b> Beef Nachos Turkey Corn Dog Bologna &amp; Ch. Sandwich <i>Golden Corn</i> Pears</p>	<p><b>16</b> Chicken &amp; Noodles w/Biscuit Toasted Ch. Sandwich Mini Sub Sandwich** <i>Tossed Salad/Dressing</i> Applesauce</p>	<p><b>17</b> Pretzel Nuggets w/Ch. BBQ Pork Sandwich** Turkey/Ch. Sandwich <i>Garden Peas</i> Peaches</p>	<p><b>18</b> Tony's Pepperoni Pizza** Chicken Quesadilla <i>Green Beans</i> Mixed Fruit</p>	
<p><b>ACE'S "ACTIVE ADVENTURES" begins this week with LUCKY TRAY DAY EVERYDAY....BEGIN YOUR ADVENTURE!</b></p>					
<p><b>21</b> <b>ASIAN FAVORITES ALL WEEK LONG.....CHECK THEM OUT!</b> General Tsao's Chicken Cheeseburger on Bun Ham &amp; Ch. Sandwich** <i>Carrot Coins</i> Pears</p>	<p><b>22</b> <b>ASIAN CHICKEN SLIDER</b> Bkft. Bagel w/Egg &amp; Ch. Bologna &amp; Ch. Sandwich <i>Tater Tots</i> Mixed Fruit</p>	<p><b>23</b> <b>BEEF &amp; BROCCOLI w/RICE</b> Turkey Dog on Bun Mini Sub Sandwich** <i>Refried Beans</i> Peaches</p>	<p><b>24</b> <b>ASIAN BBQ PORK NOODLE BOWL</b> Italian Meatball Sub Turkey/Ch. Sandwich <i>Tossed Salad/Dressing</i> Mixed Fruit</p>	<p><b>25 INSTITUTE DAY No Students</b></p>	
<p><b>28</b> Beef Ravioli w/Garlic Bd. Toasted Ch. Sandwich Ham &amp; Ch. Sandwich** <i>Tossed Salad/Dressing</i> Pears <b>Cold Food Bar transforms into a <u>SALAD BAR</u> (no Chef Salad available this week)</b></p>	<p><b>29</b> Beef Nachos Turkey Corn Dog Bologna &amp; Ch. Sandwich <i>Golden Corn</i> Applesauce</p>	<p><b>30</b> Waffles/Syrup w/Turkey Links Cheeseburger on Bun Mini Sub Sandwich** <i>Tater Tots</i> Peaches</p>	<p><b><u>5 A DAY THE COLOR WAY</u></b> <b>By including a mix of colors in your diet of 5 to 9 servings daily of fruits &amp; vegetables - you can help maintain a healthy heart, your memory, vision, strong bones &amp; teeth and a lower risk of some cancers.</b></p>		

## ELMWOOD ELEMENTARY SCHOOL ONE WORLD CAFE



### District 401 Lunch Guidelines:

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 who forget to bring lunch & do not have money on their account will be offered ONLY a sunbutter sandwich, vegetable of the day, fruit cup and milk for 6 breakfast/lunch meals maximum. Their account will be charged for a meal each time.

Menus are subject to change without notice.

