



2010 September

START THE DAY OFF WITH BREAKFAST!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1 Cinnamon Roll 100% Fruit Juice 1% Milk	2 Team Cheerio Cereal Bar Graham Crackers 100% Fruit Juice 1% Milk	3 Waffles 100% Fruit Juice 1% Milk	<p>BREAKFAST MEAL DEAL</p> <p>Full Meal \$1.25 Reduced Meal \$.30 Free Meal \$.00 Adult Meal \$2.00</p> <p><u>Monday, Wednesday & Friday</u> 1-2) Bread/Grain 3) Fruit Juice 4) Milk choose at least 2 or 3</p> <p><u>Tuesday & Thursday</u> 1) Bread/Grain 2) Meat/Alternate 3) Fruit Juice 4) Milk choose at least 3 or 4</p> <p>Call the Food Service Office with any questions or concerns: Elm Middle School Judy Swider 708-583-6233 Or Food Service Office Susan Walsh 708-583-5463</p>
6 LABOR DAY No School	7 Yogurt Teddy Grahams 100% Fruit Juice 1% Milk	8 Cinnamon Roll 100% Fruit Juice 1% Milk	9 Whole Grain Apple Cinnamon Muffin Cheddar Cheese 100% Fruit Juice 1% Milk	10 Trix Cereal Bar Graham Crackers 100% Fruit Juice 1% Milk	
13 Wheat Bread Peanutbutter 100% Fruit Juice 1% Milk	14 Waffles 100% Fruit Juice 1% Milk	15 Cinnamon Roll 100% Fruit Juice 1% Milk	16 Whole Grain Double Chocolate Muffin Mozzarella Cheese Stick 100% Fruit Juice 1% Milk	17 Cocoa Puff Cereal Bar Graham Crackers 100% Fruit Juice 1% Milk	
20 Whole Grain Strawberry Pop Tart Graham Crackers 100% Fruit Juice 1% Milk	21 Yogurt Teddy Grahams 100% Fruit Juice 1% Milk	22 Cinnamon Roll 100% Fruit Juice 1% Milk	23 Whole Grain Banana Muffin Cheddar Cheese 100% Fruit Juice 1% Milk	24 Trix Cereal Bar Graham Crackers 100% Fruit Juice 1% Milk	
27 Mini Bagel Peanutbutter 100% Fruit Juice 1% Milk	28 Waffles 100% Fruit Juice 1% Milk	29 Cinnamon Roll 100% Fruit Juice 1% Milk	30 Whole Grain Blueberry Muffin Mozzarella Cheese Stick 100% Fruit Juice 1% Milk		

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.

