

HOWITT EAST

Breakfast served from
7:30 AM IN THE WEST BLDG.

Lunch price 1.50 most snacks .60 Milk .35 Bagel \$1.50 with butter, cream cheese, or Jelly
Yogurt 4 oz. Cup .60 Soup .75 Ice Cream .60 100% Fruit Juice (4 oz.) .40
WHEN AVAILABLE: Health Salad (lettuce, tomato, vegetable & dressing 1.25, Jello, pudding, Raisin
Celery & carrot sticks .40. Oven fried and mashed potatoes .75 Tossed salad .65.
AVAILABLE DAILY: Peanut butter & Jelly, Soup, or Chef Salad .1.50 Fruit water 1.25, Granola bars
Or special K bars .75 baked chips .60, 100-calorie cookies .60 Lactaid milk available on request

BREAKFAST AVAILABLE DAILY: \$1.00
HOT SERVED ON MON. TUES & Thursday
WHICH WILL BE EITHER PANCAKES, EGGS
OR WAFFLES
COLD SERVED ON WED & FRI
WHICH WILL BE EITHER CEREAL OR
BAGEL

Cafeteria Employment Opportunities Available – Call 752-6552

SEPTEMBER 2010 ENCOURAGE YOUR CHILD TO TAKE THE ENTIRE LUNCH BEING OFFERED.

Note: Delivery and/or availability of food may require changes in menu.

Monday	Tuesday	Wednesday	Thursday	Friday
6 LABOR DAY SCHOOLS CLOSED	7 Chicken Nuggets Bologna sand. on wheat (Boars Head) -Includes- Steamed Green Beans Pears Milk (Variety)	8 Grilled Hamburger/cheeseburger Grilled Chicken Cesar Salad -Includes- Corn Pineapple Milk (Variety)	9 ROSH HASHANAH SCHOOLS CLOSED	10 ROSH HASHANAH SCHOOLS CLOSED
13 BBQ Chicken Nuggets Ham sand. (Boars Head) -Includes- Mashed Potato Applesauce Milk (Variety)	14 Macaroni & Cheese Roasted Chicken sand. (Boars Head) -Includes- Chicken Noodle soup Strawberries Milk (Variety)	15 Beef Taco/Hard or Soft Turkey sand. (Boars Head) -Includes- Tossed Salad /Green Beans Mixed fruit Milk (Variety)	16*BRUNCH FOR LUNCH* French Toast Sticks/Canadian Bacon Egg Salad Sand. -Includes- Potato Tots Oranges Milk (Variety)	17 Pizza stuffed crust/or Tuna fish sand. -Includes- Celery & carrots Cherries Milk (Variety)
20 Grilled Chicken Pattie/bun Bologna on Wheat (Boars Head) -Includes- Steamed Mixed Veg. Peaches Milk (Variety)	21 Spaghetti/w meatballs Ham sand. (Boars Head) -Includes- Tossed Salad Oranges Milk (variety)	22 Hot Dogs/bun Greek Salad -Includes- French Fries Pears Milk (Variety)	23 Teriyaki Turkey Wrap Chicken Tenders -Includes- Chicken Rice soup Applesauce Milk (Variety)	24 Pizza stuffed whole wheat crust/or Tuna fish sand. -Includes- Tossed Salad Mixed fruit Milk (Variety)
27 Popcorn chicken Turkey sand. (Boars Head) -Includes Mashed Potatoes Apples Milk (Variety)	28 Grilled Cheese Southwest Chicken Salad -Includes- Steamed Broccoli Jell-O Milk (Variety)	29 Pasta Primavera Hot Pockets -Includes- Corn Pears Milk (Variety)	30 Chili w/Brown Rice Chef Salad -Includes- Chicken Noodle soup Pudding choc. Or Van. Milk (Variety)	

HAVING A CLASS PARTY? PLEASE NOTE THAT HEALTHY CHOICES CAN BE PURCHASED FOR YOU CHILD'S PARTY THROUGH OUR KITCHEN – PLEASE CONTACT THE COOK 2 WEEKS AHEAD AND THEN YOUR CHILD CAN PICK IT UP IN THE KITCHEN ON HIS/HER BIRTHDAY

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