


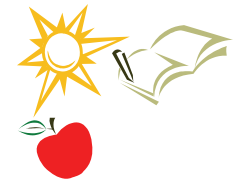
Lunch \$2.55  
 Milk 60¢  
 10 Day Meal Ticket \$25.50  
 20 Day Meal Ticket \$51.00

# SEPTEMBER 2010

## KEENEYVILLE SCHOOL DISTRICT 20 MIDDLE SCHOOL - LUNCH MENU



We're thinking green, are you ?

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>  SOFT TORTILLAS w/Taco Meat & Grated Cheddar Cheese SHREDDED LETTUCE 100% CRANBERRY JUICE	<b>2</b> <i>LUCKY STICKER</i>  FRENCH TOAST STICKS w/Syrup SCRAMBLED EGGS POTATO ROUNDS FRESH ORANGE WEDGES	<b>3</b>  CREAMY MACARONI & CHEESE FRESH BABY CARROTS CHILLED APPLESAUCE
<b>6</b>  <b>LABOR DAY</b>	<b>7</b>  <i>NEW</i> <b>CHICKEN PARMIGIANA SANDWICH</b> WHIPPED POTATOES MIXED FRUIT	<b>8</b>  NACHO SUPREME w/Taco Meat & Grated Cheddar Cheese SHREDDED LETTUCE 100% APPLE JUICE	<b>9</b>  JUMBO WAFFLES w/Syrup *SAUSAGE PATTY POTATO ROUNDS 100% APPLE/CHERRY JUICE	<b>10</b>  *BBQ RIB SANDWICH FRESH BABY CARROTS CHILLED APPLESAUCE
<b>13</b>  CHICKEN NUGGETS WHIPPED POTATOES SEASONED GREEN BEANS WHEAT ROLL	<b>14</b>  FRENCH TOAST STICKS w/Syrup SCRAMBLED EGGS POTATO ROUNDS 100% ORANGE JUICE	<b>15</b> <i>LUCKY STICKER</i>  PIZZA BURGER w/Pizza Sauce MIXED VEGGIES DICED PEACHES	<b>16</b>  SOFT TORTILLAS w/Taco Meat & Grated Cheddar Cheese SHREDDED LETTUCE 100% CRANBERRY JUICE	<b>17</b>  PASTA w/Meat Sauce FRESH BABY CARROTS CHILLED APPLESAUCE
<b>20</b>  MINI CORN DOGS VEGETARIAN BAKED BEANS MIXED FRUIT	<b>21</b>  PANCAKE w/Syrup *SAUSAGE PATTY POTATO ROUNDS 100% ORANGE JUICE	<b>22</b>  <i>NEW</i> <b>MEATBALL SANDWICH</b> <i>w/Cheese</i> WHOLE KERNEL CORN MANDARIN ORANGES	<b>23</b>  NACHO SUPREME w/Taco Meat & Grated Cheddar Cheese SHREDDED LETTUCE 100% APPLE/CHERRY JUICE	<b>24</b>  GRILLED CHEESE SANDWICH FRESH BABY CARROTS CHILLED APPLESAUCE
<b>27</b>  CHICKEN FINGERS WHIPPED POTATOES MANDARIN ORANGES WHEAT ROLL	<b>28</b>  NACHO SUPREME w/Taco Meat & Grated Cheddar Cheese SHREDDED LETTUCE 100% FRUIT JUICE	<b>29</b>  JUMBO WAFFLES w/Syrup *SAUSAGE PATTY POTATO ROUNDS 100% CRANAPPLE JUICE	<b>30</b>  CHICKEN NUGGETS WHIPPED POTATOES DICED PEACHES WHEAT ROLL	

**Make choices for a healthy lifestyle!**

- ◆ Eat a variety of foods
- ◆ Eat more fruits, vegetables & grains
- ◆ Eat lower fat foods more often
- ◆ Get your calcium rich foods
- ◆ Be physically active

**These behaviors can make a big difference in the way you look, feel & your health!**

Questions about the menu?  
Call 630-894-4576

A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.

Milk Variety Served Daily      Breads & grains offered daily.      **\*\* Please Note \*\***      Menu changes may be necessary. Notice will be given when possible.      \* Contains Pork