

AUGUST 2010

HAYWOOD JUNIOR HIGH SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Cereal Variety-Toaster Pastry Super Bakery Mini-Doughnuts Hot Breakfast Sandwich 100 % Juice/ Milk	Breakfast Cereal Variety- French Twist Belgian Waffle Sticks Hot Breakfast Sandwich 100 % Juice/ Milk	Breakfast Cereal Variety – Muffin Loaf Breakfast Pizza Hot Breakfast Sandwich 100 % Juice/ Milk	Breakfast Cereal Variety-Toaster Pastry Hot Breakfast Sandwich 100 % Juice/ Milk	Breakfast Cereal Variety- Cereal Bar French Toast Sticks Hot Breakfast Sandwich 100% Juice/ Milk
9 Baked Chicken Nuggets – Roll Or Beef & Cheese Ravioli Whole Kernel Corn/Green Beans 100 % Juice/ Fruited Sherbet Milk Variety	10 Ham & Cheese on Bun Or Chili Cheese Wrap Potato Wedge Fries/ Fresh Apple 100 % Juice/ Milk Variety	11 Turkey & Gravy – Roll Or Whole Grain Corn Dog Whipped Potatoes/ Green Peas 100 % Juice/ Milk Variety Chocolate Chip Cookie “Treat”	12 Cheeseburger on Bun Or Chopped BBQ Sandwich on Bun Baked Beans/ French Fries/ Trimmings 100 % Juice/ /Orange Wedges Milk Variety	13 Whole Grain Cheese Pizza Or Deli-Made Sandwich Baby Carroteenies w/Ranch Dip 100 % Juice/ Pineapple Tidbits Milk Variety
16 Hot Dog / Bun Or Grilled Chicken Fillet w/ Bun Spiral Cut Fries/ Chilled Peaches 100 % Juice/ Milk Variety	17 Turkey Tetrzzini – Roll Or Whole Grain Pepperoni Pizza Green Peas/ Whole Kernel Corn 100 % Juice/ Orange Wedges Milk Variety	18 Turkey Deli Wrap - Or Or Ham & Cheese On Croissant Roll Frito Corn Chips Baby Carroteenies w/ Ranch Dip Ripe Banana/ 100 % Juice Milk Variety	19 Beef & Cheese Ravioli – Roll Or Breaded Fish Nuggets Green Beans/ Frozen Strawberries 100 % Juice/ Milk Variety	20 Sliced Baked Ham Or Baked Chicken Nuggets - Roll Whipped Potatoes/ Fresh Apple 100 % Juice/ Milk Variety
23 Whole Grain Cheese Pizza Or Whole Grain Corn Dog Cooked Carrots/ Pineapple Tidbits 100 % Juice/ Milk Variety	24 Chicken Fajita Wrap Or Hot Dog w/ Bun --Frito Corn Chips Whole Kernel Corn/ Fresh Grapes 100 % Juice/ Milk Variety	25 Spaghetti w/ Meat Sauce Or Breaded Chicken Patty - Roll Green Beans/ Orange Wedges 100 % Juice/ Milk Variety	26 Barbequed Grilled Chicken Or Sliced Baked Ham -- Roll Whipped Potatoes/ Green Peas Chilled Peaches/ 100 % Juice Milk Variety	27 Hamburger/ Bun Or Deli Hoagie Crinkle Cut Fries/ Baked Beans Fresh Apple/ 100 % Juice Milk Variety
30 Toasted Cheese Sandwich Or Sliced Pork Roast -- Roll Green Beans/ Whole Kernel Corn 100 % Juice/ Fruited Sherbet Milk Variety	31 Mexican Fiestada Or Ham & Cheese on Croissant Roll Diced Tomatoes/ Shredded Lettuce Baked Cinnamon Apples Snickerdoodle Cookie “treat” 100 % Juice/ Milk Variety	Student Breakfast are free....Student Lunch \$1.75 or \$.40... free meals are available. Adult Breakfast \$1.50, Adult Staff Lunch \$2.50 Adult Visitor Lunch \$ 3.50 Menu Subject to Change Whole Grains and Fresh Fruits and/or Vegetables offered at least three times per week. 1 % Milk flavored and unflavored, skim, offered daily Menu days that offer treats will only be served with receipt of a complete meal tray. Birthdays celebrated on the second Friday of each month.		

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