

SEPTEMBER 2010

HAYWOOD COUNTY ALTERNATIVE LEARNING CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast Super Bakery Mini Doughnuts 100 % Juice/ Milk</p>	<p>Breakfast Cold Cereal – French Twist 100 % Juice/ Milk</p>	<p>Breakfast Cold Cereal – Muffin Loaf 100 % Juice/ Milk</p>	<p>Breakfast 2 Toaster Pastries 100 % Juice/ Milk</p>	<p>Breakfast Cold Cereal – Cereal Breakfast Bar 100 % Juice/ Milk</p>
<p>6 LABOR DAY HOLIDAY!</p>	<p>7 Salisbury Steak & Gravy Wheat Roll Whipped Potatoes/ Fruit Cocktail Milk</p>	<p>1 Beef Ravioli – Wheat Roll Whole Kernel Corn/ Green Beans Milk</p> <p>8 Cheeseburger on Bun Baked Beans/ Orange Wedges Milk</p>	<p>2 Ham & Cheese on Bun Fresh Broccoli Florets/ Fresh Apple Milk</p> <p>9 Deli Made Sandwich Baby Carroteenies w/ Ranch Dip Pineapple Tidbits Milk</p>	<p>3 Turkey & Gravy – Wheat Roll Cooked Carrots / Green Peas Milk Chocolate Chip Cookie “TREAT”</p> <p>10 Hot Dog w/ Bun Spiral Cut Fries/ Chilled Peaches Milk</p>
<p>13 Turkey Tetrzzini Wheat Roll Green Peas/ Whole Kernel Corn Milk</p>	<p>14 Ham & Cheese on Croissant Frito Corn Chips Baby Carroteenies w/ Ranch Dip Ripe Banana Milk</p>	<p>15 Beef Ravioli – Wheat Roll Green Beans/ Frozen Strawberries Milk</p>	<p>16 Sliced Baked Ham Wheat Roll Whipped Potatoes/ Fresh Apple Milk</p>	<p>17 Whole Grain Corn Dog Baby Lima Beans/ Pineapple Tidbits 100 % Juice Milk</p>
<p>20 Breaded Chicken Patty Wheat Roll Green Beans/ Orange Wedges Milk</p>	<p>21 Hot Dog w/ Bun – Frito Corn Chips Whole Kernel Corn/ Fresh Grapes Milk</p>	<p>22 Barbequed Grilled Chicken Wheat Roll Whipped Potatoes/ Chilled Peaches Milk</p>	<p>23 Hamburger on Bun Crinkle Cut Fries Baked Beans/ Fresh Apple Milk</p>	<p>24 Toasted Cheese Sandwich Tater Tots / Pickle Spear Fruited Sherbet Milk</p>
<p>27 Students do not attend. No meals will be served.</p>	<p>28 Baked Chicken Nuggets Wheat Roll Whole Kernel Corn/ Green Beans Milk</p>	<p>29 Ham & Cheese On Bun Fresh Broccoli Florets/ Fresh Apple Milk</p>	<p>30 Turkey & Gravy – Wheat Roll Cooked Carrots/ Green Peas Milk Chocolate Chip Cookie “TREAT”</p>	
<p>Whole Grains, Fresh Fruits & Vegetables, offered at least three times per week. Student Lunch \$1.75, \$.40 reduced, free lunches available. Student Breakfast \$1.00 or .30, free breakfast available, Junior High Breakfasts are free to students Adult Breakfast \$1.50.... Adult Staff Lunch \$ 2.50.... Adult Visitor Lunch \$ 3.50</p> <p>MENU SUBJECT TO CHANGE</p>				

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