

SEPTEMBER 2010

HAYWOOD JUNIOR HIGH SCHOOL

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>Breakfast</b> Cereal Variety – Toaster Pastry Super Bakery Mini- Doughnuts Hot Breakfast Sandwich 100 % Juice/ Cold Milk</p>	<p><b>Breakfast</b> Cereal Variety – French Twist Belgian Waffle Sticks Hot Breakfast Sandwich 100 % Juice/ Cold Milk</p>	<p><b>Breakfast</b> Cereal Variety – Muffin Loaf Breakfast Pizza Hot Breakfast Sandwich 100 % Juice/ Cold Milk</p>	<p><b>Breakfast</b> Cereal Variety – Toaster Pastry Hot Breakfast Sandwich Variety 100 % Juice/ Cold Milk</p>	<p><b>Breakfast</b> Cereal Variety – Cereal Breakfast Bar French Toast Sticks Hot Breakfast Sandwich 100 % Juice/ Cold Milk</p>
		<p><b>1</b> Baked Chicken Nuggets Or Beef Ravioli – Wheat Roll Or Chef Salad Entrée – Crackers Whole Kernel Corn/ Green Beans 100 % Juice/ Fruited Sherbet Milk Variety</p>	<p><b>2</b> Ham &amp; Cheese on Bun Or The Max’ Chili Cheese Wrap Or Chef Salad Entrée – Crackers Fresh Broccoli Florets/ Fresh Apple Potato Wedge Fries/ 100% Juice Milk Variety</p>	<p><b>3</b> Turkey &amp; Gravy – Wheat Roll Or Whole Grain Corn Dog Or Chef Salad Entrée - Crackers Cooked Carrots / Green Peas 100 % Juice Milk Variety Chocolate Chip Cookie “TREAT”</p>
<p><b>6</b>  LABOR DAY HOLIDAY!</p>	<p><b>7</b> Salisbury Steak &amp; Gravy Or Breaded Chicken Nuggets –Wheat Roll Whipped Potatoes/ Fruit Cocktail 100 % Juice Milk Variety</p>	<p><b>8</b> Cheeseburger on Bun Or Chopped BBQ Sandwich on Bun Or Chef Salad Entrée - Crackers Baked Beans/ Tater Tots 100 % Juice/ Orange Wedges Milk Variety</p>	<p><b>9</b> Whole Grain Cheese Pizza Or Deli-Made Sandwich Or Chef Salad Entrée - Crackers Baby Carroteenies w/ Ranch Dip 100% Juice/ Pineapple Tidbits Milk Variety</p>	<p><b>10</b> Grilled Chicken Fillet Or Hot Dog on Bun Or Chef Salad Entrée -- Crackers Spiral Cut Fries/ Chilled Peaches 100 % Juice Milk Variety</p>
<p><b>13</b> Turkey Tetrizzini - Wheat Roll Or Whole Grain Pepperoni Pizza Green Peas/ Whole Kernel Corn 100 % Juice/ Orange Wedges Milk Variety</p>	<p><b>14</b> Turkey &amp; Cheese Wrap Or Ham &amp; Cheese on Croissant--Fritos Or Chef Salad Entrée – Crackers Baby Carroteenies w/ Ranch Dip Ripe Banana/ 100 % Juice Milk Variety</p>	<p><b>15</b> Beef Ravioli Or Breaded Fish Nuggets – Wheat Roll Or Chef Salad Entrée – Crackers Green Beans/ Frozen Strawberries 100% Juice Milk Variety</p>	<p><b>16</b> Sliced Baked Ham Or Baked Chicken Nuggets – Wheat Roll Or Chef Salad Entrée - Crackers Whipped Potatoes/ Fresh Apple 100 % Juice Milk Variety</p>	<p><b>17</b> Whole Grain Cheese Pizza Or Whole Grain Corn Dog Or Chef Salad Entrée - Crackers Baby Lima Beans/ Pineapple Tidbits 100 % Juice Milk Variety</p>
<p><b>20</b> Breaded Chicken Patty Or Spaghetti w/ Meat Sauce -- Roll Green Beans/ Orange Wedges 100 % Juice Milk Variety</p>	<p><b>21</b> Hot Dog w/ Bun Or Chicken Fajita Wrap– Frito Corn Chips Or Chef Salad Entrée - Crackers Whole Kernel Corn/ Fresh Grapes 100 % Juice Milk Variety</p>	<p><b>22</b> Barbequed Grilled Chicken Or Sliced Baked Ham - Wheat Roll Or Chef Salad Entrée—Crackers Whipped Potatoes/ Green Peas Chilled Peaches/ 100 % Juice Milk Variety</p>	<p><b>23</b> Hamburger on Bun Or Deli Hoagie Sandwich Or Chef Salad Entrée – Crackers Crinkle Cut Fries/ Baked Beans Fresh Apple/ 100 % Juice Milk Variety</p>	<p><b>24</b> Toasted Cheese Sandwich Or Sliced Pork Roast – Wheat Roll Or Chef Salad Entrée -- Crackers Black-eyed Peas/ Whole Kernel Corn Tater Tots/ Pickle Spear/Fruit Sherbet 100 % Juice Milk Variety</p>
<p><b>27</b> Students do not attend. No meals will be served.</p>	<p><b>28</b> Baked Chicken Nuggets Or Beef Ravioli – Wheat Roll Or Chef Salad Entrée - Crackers Whole Kernel Corn/ Green Beans 100 % Juice/ Fruited Sherbet Milk Variety</p>	<p><b>29</b> Ham &amp; Cheese On Bun Or The Max’ Chili &amp; Cheese Wrap Or Chef Salad Entrée -- Crackers Fresh Broccoli Florets/ Fresh Apple 100 % Juice Milk Variety</p>	<p><b>30</b> Turkey &amp; Gravy – Wheat Roll Or Whole Grain Corn Dog Or Chef Salad Entrée -- Crackers Cooked Carrots/ Green Peas 100 % Juice Milk Variety Chocolate Chip Cookie “TREAT”</p>	

Whole Grains, Fresh Fruits & Vegetables, offered at least three times per week.  
Students Eat Free ....Adult Breakfast \$1.50....Adult Staff Lunch \$ 2.50....Adult Visitor Lunch \$ 3.50  
Menu Days that offer treats will only be served with the receipt of a complete meal tray.

MENU SUBJECT TO CHANGE

“In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call 800-795-3272 or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.”