



TRI-COUNTY R.V.T.H. SCHOOL SEPTEMBER 2010 BREAKFAST



ASSORTED LOW FAT MILK SERVED WITH ALL MEALS

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
WELCOME BACK TO A NEW SCHOOL YEAR		1	2	3 ALL MEALS SUBJECT TO CHANGE
6 LABOR DAY NO SCHOOL	7 ONLY 7:15 BREAKFAST	8 ONLY 7:15 BREAKFAST	9 ONLY 7:15 BREAKFAST	10 ONLY 7:15 BREAKFAST
13 MILK & JUICE BAGEL W/CREAM CHEESE CEREAL W/YOGURT FRUIT	14 MILK & JUICE EGG & CHEESE OMLET CEREAL W/YOGURT FRUIT	15 MILK & JUICE BREAKFAST PIZZA CEREAL W/YOGURT FRUIT	16 MILK & JUICE ASSORTED MUFFINS CEREAL W/YOGURT FRUIT	17 MILK & JUICE BAGEL W/CREAM CHEESE CEREAL W/YOGURT FRUIT
20 MILK & JUICE BAGEL W/CREAM CHEESE CEREAL W/YOGURT FRUIT	21 MILK & JUICE FRENCH TOAST CEREAL W/YOGURT FRUIT	22 MILK & JUICE BREAKFAST PIZZA CEREAL W/YOGURT FRUIT	23 MILK & JUICE ASSORTED MUFFINS CEREAL W/YOGURT FRUIT	24 MILK & JUICE BAGEL W/CREAM CHEESE CEREAL W/YOGURT FRUIT
27 EARLY RELEASE DAY	28 MILK & JUICE EGG, HAM & CHEESE ON A CROISSANT CEREAL W/YOGURT FRUIT	29 MILK & JUICE BREAKFAST PIZZA CEREAL W/YOGURT FRUIT	30 MILK & JUICE ASSORTED MUFFINS CEREAL W/YOGURT FRUIT	



TRI-COUNTY R.V.T.H. SCHOOL

SEPTEMBER 2010 LUNCH



ASSORTED LOW FAT MILK AND BREAD SERVED WITH ALL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELCOME BACK TO A NEW SCHOOL YEAR		1	2	3 ALL MEALS SUBJECT TO CHANGE
6 LABOR DAY NO SCHOOL	7 Chicken Patty on a Roll Ham & Cheese Croissant Rice & Veggie Fruit & Salad	8 Pasta With Meatballs Meatball Sub on Sub Roll Fruit & Salad	9 Chicken Nuggets W/White Rice ,Corn & Wheat Bread Steak & Cheese Sub With Peppers & Onions Fruit & Salad	10 Cheese or Pepperoni Pizza Fiery Chicken Fingers Fruit & Salad
13 Chicken Patty on a Roll Honey BBQ Rib On sub roll Rice & Veggie Fruit & Salad	14 Taco Bar With All The Fixings Meatball Sub on Sub Roll Fruit & Salad	15 Chicken Parm With Pasta Cheeseburger on a Roll Fruit & Salad	16 Chicken Nuggets W/White Rice ,Corn & Wheat Bread Steak & Cheese Sub With Peppers & Onions Fruit & Salad	17 Cheese or Pepperoni Pizza Popcorn Chicken Fruit & Salad
20 Chicken Patty on a Roll Ham & Cheese Croissant Rice & Veggie Fruit & Salad	21 Pasta Bar With Meatballs Meatball Sub Fruit & Salad	22 Turkey Dinner Mashed Potato , Vegetable Stuffing & Cranberry sauce Cheeseburger on a Roll Fruit & Salad	23 Taco Bar With All The Fixings Steak & Cheese Sub on Sub Roll Fruit & Salad	24 Cheese or Pepperoni Pizza Fruit & Salad
27 EARLY RELEASE DAY NO LUNCH	28 Chicken Patty on a Roll Honey BBQ Rib On sub roll Rice & Veggie Fruit & Salad	29 Breaded Chicken Dinner Mashed Potato/Green Beans Dinner Roll Cheeseburger on Hamburger Roll Fruit & Salad	30 Chicken Nuggets W/White Rice ,Corn & Wheat Bread Steak & Cheese Sub With Peppers & Onions Fruit & Salad	<u>SERVED DAILY</u> PIZZA ASSORTED SUBS TURKEY WRAPS