

OAKRIDGE UPPER & LOWER ELEMENTARY & EARLY CHILDHOOD CENTER MENU

September 2010

Monday	Tuesday	Wednesday	Thursday	Friday																										
6 Labor Day No School	7 Lunch #1 Turkey Hot Dog on Bun*, Oven Fries, Fresh Orange #2 Jr. Ham & Cheese Sub* Animal Crackers, Fresh Orange, Grape Juice, Low Fat Milk	8 Lunch #1 Salisbury Steak Mashed Potatoes and Gravy Corn, Roll*, Fresh Fruit #2 Bagel with Yogurt & Cheese, Carrot Sticks, Apple, Low Fat Milk	9 Lunch #1 Baked Chicken Nuggets*, WW Bread*, Mixed Vegetables, Pineapple, Low Fat Milk #2 Turkey & Cheese Sub*	10 Lunch #1 Baked Potato Wedges with Chili & Cheese, Roll*, Apple Sauce, Low Fat Milk #2 Pizza Dunks Bag Lunch (Breadstick, Pizza Sauce, Mozz. Cheese, Carrot Stix, Low Fat Milk)																										
13 Lunch #1 Chicken Patty* on a Bun* Mixed Vegetables, Pineapple, Low Fat Milk #2 Chef Salad	14 Lunch #1 Home Made Cheese or Pepperoni Pizza * #2 Turkey & Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk	15 Lunch #1 Walking Taco (Reduced Fat Nacho Chips, Taco Meat, Cheese, Shredded Lettuce) #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk	16 Lunch #1 Cheeseburger on a Bun* Oven Fries, Banana Low Fat Milk #2 Chef Salad with Low Fat Dressing	17 Breakfast for Lunch Lunch #1 French Toast Sticks* with Syrup, Sausage Links, Chilled Fruit #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk																										
20 Lunch #1 Mini Corn Dogs* Seasoned Peas & Carrots Applesauce, Low Fat Milk #2 Chef Salad	21 Lunch #1 Turkey Hot Dog on Bun* Oven Fries, Fresh Apple #2 Jr. Ham & Cheese Sub* Animal Crackers, Fresh Apple, Grape Juice, Low Fat Milk	22 Lucky Tray Lunch #1 Macaroni & Cheese, WW Dinner Roll, Green Beans, Fresh Orange, Low Fat Milk #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk	23 Lunch #1 Baked Chicken Nuggets* Brown Rice*, Seasoned Peas, Pineapple, Low Fat Milk #2 Turkey & Cheese Sub*	24 Birthday Celebration Lunch (cookie with 1 or 2) #1 Pizza Dippers with Sauce #2 Yogurt Cracker Stacker Fun Bag Lunch Carrot Sticks, Fresh Apple, Low Fat Milk																										
27 Lunch #1 Ravioli with Meat Sauce, Whole Wheat Bread*, Golden Corn, Apple, Low Fat Milk #2 Chef Salad	28 Lunch #1 Home Made Cheese or Pepperoni Pizza * #2 Turkey & Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk	29 Lunch #1 Pasta with Meat Sauce, Green Beans, Fresh Grapes, Low Fat Milk #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk	30 Lunch #1 Roast Turkey with Gravy, Mashed Potatoes, Biscuit*, Chilled Pears, Low Fat Milk #2 Chef Salad with Low Fat Dressing	1 Lunch #1 Baked Ziti, Orange, Tossed Salad W/Light Dressing, Low Fat Milk #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk																										
4 Lunch #1 Chicken Patty * on a Bun* Mixed Vegetables, Pineapple, Low Fat Milk #2 Chef Salad	5 Lunch #1 Turkey Hot Dog on Bun* Oven Fries, Fresh Orange #2 Jr. Ham & Cheese Sub* Animal Crackers, Fresh Orange, Grape Juice, Low Fat Milk	6 Lunch #1 Walking Taco (Reduced Fat Nacho Chips, Taco Meat, Cheese, Shredded Lettuce) #2 Bagel with Yogurt & Cheese, Carrot Sticks, Apple, Low Fat Milk	7 Lunch #1 Baked Chicken Nuggets*, WW Bread*, Mixed Vegetables, Pineapple, Low Fat Milk #2 Turkey & Cheese Sub*	8 Lunch #1 RF. Bosco Sticks* W/Sauce, Seasoned Green Beans, Fresh Pear, Low Fat Milk #2 Chef Salad with Low Fat Dressing																										
 <p>Menu items with a * are made with whole grain</p>	<table style="margin-left: auto; margin-right: auto;"> <tr><td>Student Lunch</td><td>\$1.85</td></tr> <tr><td>Reduced Lunch</td><td>\$.40</td></tr> <tr><td>Milk ½ Pint</td><td>\$.40</td></tr> <tr><td>Student Breakfast</td><td>\$1.50</td></tr> <tr><td>Reduced Breakfast</td><td>\$.30</td></tr> <tr><td>Adult Lunch</td><td>\$3.25</td></tr> <tr><td>Adult Breakfast</td><td>\$2.00</td></tr> </table>	Student Lunch	\$1.85	Reduced Lunch	\$.40	Milk ½ Pint	\$.40	Student Breakfast	\$1.50	Reduced Breakfast	\$.30	Adult Lunch	\$3.25	Adult Breakfast	\$2.00	<p>Included with lunch is a food bar with: Variety of Deli Salads Lettuce Salads Crisp Veggies Fresh & Canned Fruit Variety of Milk Choices</p> <p><i>Options are different daily</i></p>	<p>indicates a Balanced Choices Meal and meets these K-6 parameters:</p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td>•Calories 664</td> <td>• Protein (g) 10</td> </tr> <tr> <td>•Calcium (mg) 286</td> <td>•Sodium 1300 Max</td> </tr> <tr> <td>•Vitamin A (RE) 224</td> <td>•Vitamin C(mg) 15</td> </tr> <tr> <td>•Fiber (g) 6</td> <td>•Cholesterol (mg)100</td> </tr> <tr> <td>•Saturated Fat 10% Max</td> <td>•Iron (mg) 3.5</td> </tr> <tr> <td>•Fat (% of Calories) 30% Max</td> <td></td> </tr> </table>	•Calories 664	• Protein (g) 10	•Calcium (mg) 286	•Sodium 1300 Max	•Vitamin A (RE) 224	•Vitamin C(mg) 15	•Fiber (g) 6	•Cholesterol (mg)100	•Saturated Fat 10% Max	•Iron (mg) 3.5	•Fat (% of Calories) 30% Max		<p>Allergens All menu items may contain: Milk Eggs Fish/Shellfish Peanuts/Tree Nuts Wheat Soy</p>
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Food Service Provided by Chartwells. Menu subject to change without notice. Questions? Call Kristie Long (231)788-7321

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