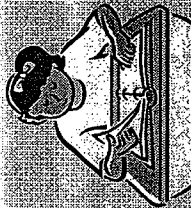


September 2011

Laraway & Oak Valley

Breakfast

MONDAY



TUESDAY

W/g - Whole grain
R/S - Reduced sugar
W/w - Whole wheat
R/f - Reduced Fat

WEDNESDAY

THURSDAY

FRIDAY

5

Labor Day
No School

6

R/s Cinnamon
French Toast Cereal,
Graham Cracker
Apple Juice, Milk

7

W/g Cinnamon
Raisin Pretzel
Applesauce
Milk

8

Smart Choice
Blueberry Muffin
Banana
Milk

9

String Cheese
Graham Cracker
Orange Juice
Milk

12

Oatmeal Raisin
Breakfast Bar
Applesauce
Milk

13

Go-Gurt
Graham Cracker
Apple Juice
Milk

14

W/w Honey Wheat
Bagel w/ Cream
Cheese
Orange, Milk

15

Dunkin Stix
Grapes
Milk

16

Cinnamon Raisin
Bagel-ful
Pears
Milk

19

W/g Super Honey
Bun
Applesauce
Milk

20

R/s Frosted Flakes
Nutritious Snack
Apple Juice
Milk

21

W/g Cinnamon
French Toast
Crunchmania
Banana, Milk

22

Oatmeal Chocolate
Chip Breakfast Bar
Peaches
Milk

23

Yogurt
Graham Cracker
Pineapple Juice
Milk

26

Cinnamon Roll
Crunchmania
Peaches
Milk

27

W/g R/f Chocolate
Chip Muffin
Peaches
Milk

28

R/s Trix Cereal
Nutritious Snack
Apple Juice
Milk

29

Smart Choice
Banana Muffin
Pears
Milk

30

W/g Apple Cinnamon
Breakfast Bar
Pineapple
Milk

News

Please prepay for
Breakfast and
Lunches

Breakfast

Reduced .30

Paid \$1.00

Lunch

Reduced .40

Paid \$1.50



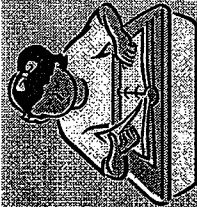
September 2011

Laraway & Oak Valley



Lunch

MONDAY



TUESDAY

W/g - Whole grain
W/W - Whole wheat
R/f - Reduced Fat
F/f - Fat free

WEDNESDAY

THURSDAY

FRIDAY

News

9/5 Labor Day no School

9/28 - 1/2 Day School

5	Labor Day No School	6	Hot Dog w/ Bun Tri-tater Applesauce Milk	7	Max Pizza Stix w/ sauce, Peas R/f W/g Cookie Peaches, Milk	8	BBQ Rib W/w Bun Green Beans Pineapple Milk	9	Chef Salad w/ Turkey, Ham & Cheese, W/w Roll Orange, Milk	
12	W/g Chicken Patty w/ Bun, Fruit Mix Augratin Potatoes Milk	13	Cheeseburger w/ bun, Green Beans Cheez-its Peaches, Milk	14	W/g Cheese Pizza Salad, Peas R/f W/g Cookie Milk	15	W/g Burrito Corn, Applesauce Bug Bites Graham Crackers, Milk	16	W/w Toasted Ham & Cheese, Peas R/f W/g Cookie Fruit Cup, Milk	
19	W/g Chicken Nuggets, Roll Green Beans Peaches, Milk	20	Sloppy Joe W/w Bun, Tri-tater Pineapple Milk	21	W/g Pepperoni Pizza Peas R/f W/g Cookie Peaches, Milk	22	Breaded Pork Chop Patty, W/w Roll Mashed Potatoes w/ gravy, Apple, Milk	23	Hoagie w/ Bun Scalloped Potatoes Fruit Cup Milk	
26	French Toast Stick Syrup, Orange Apple Juice Milk	27	Sausage Pizza R/f W/g Cookie Peas, Pineapple Milk	28	1/2 Day School No Lunch	29	Soft Shell Taco Lettuce, Cheese & Salsa, Corn Apple Slices, Milk	30	Hamburger w/w Bun, Green Beans Mixed Fruit Milk	

Bread & Milk

Menu Subject to Change