

POLK COUNTY SCHOOL LUNCH

2009

SEPTEMBER

Natural Ideas for a Fresh Generation



	1 Fish Grilled Chicken Nuggets Macaroni and Cheese Steamed Carrots Cole Slaw Seasonal Fresh Fruit	2 Chicken Stir Fry OR Sweet & Sour Chicken over Brown Rice Stromboli Fresh Veggies w/ Dip Mixed Fruit Salad Wacky Cake	3 Pork Sandwich OR Pork and Gravy w/ Roll Turkey & Cheese Sand Green Beans Mashed Potatoes Seasonal Fresh Fruit	4 Pizza Chicken Nuggets Whole Wheat Roll Corn Celery w/ PB Chilled Fruit
7 NO SCHOOL	8 Teriyaki Chicken Strips w/ Egg Roll Soup w/ Cheese & Crackers Stir Fry Vegetables "Fried" Rice Seasonal Fresh Fruit	9 Spaghetti w/ Italian Bread Baked Potato Bar w/ Bread Green Peas Mixed Fruit Salad Gelatin	10 Breaded Baked Chicken w/ Whole Wheat Roll Ham & Cheese Sand Green Beans Scalloped Potatoes Seasonal Fresh Fruit	11 Pizza Chicken Patty Sandwich Corn Tossed Salad Whole Fruit Freezie
14 Cheeseburger Meatball Sub Lettuce, Tomato, Pickles Baked Fries Choice of Juice	15 Mini Corn Dogs Chicken Soft Taco Steamed Broccoli Fresh Veggies w/ Dip Seasonal Fresh Fruit	16 Shepherd's Pie w/ Whole Wheat Roll Italian Sub Mixed Vegetables Mixed Fruit Salad Cookie	17 Farm to School Day Local Green Beans! Chicken Patty Sandwich Turkey Tetrazini w/ Whole Wheat Roll Lettuce, Tomato, Pickles Green Beans Seasonal Fresh Fruit	18 Pizza Fish Sandwich Corn Celery w/ Peanut Butter Chilled Fruit
21 NO SCHOOL	22 Beef Tacos Yogurt, Muffin & Cheese Lettuce and Tomato Baby Carrots w/ Dip Seasonal Fresh Fruit	23 Chicken Nuggets Lasagna Whole Wheat Roll Mashed Potatoes Green Beans Fruit Cobbler or Crisp	24 Chilli Teriyaki Chicken Strips Cheese Roll Up Green Peas Tossed Salad Seasonal Fresh Fruit	25 Pizza Chicken Tenders w/ Whole Wheat Roll Corn Whole Fruit Freezie Manager's Vegetable Choice
28 BBQ Rib Sandwich Chicken Patty Sandwich Cauliflower w/ Cheese Fresh Veggies w/ Dip Choice of Juice	29 Chicken and Dumplings Baked Potato Bar w/ Bread Mixed Vegetables Black Eyed Peas Seasonal Fresh Fruit	30 Lemon Pepper Fish w/ Whole Wheat Roll Turkey & Cheese Sand Green Beans Mixed Fruit Salad Pudding		

This institution is an equal opportunity provider and employer.