

# September is here!

## MEADOWBROOK LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	Be on the lookout for fresh local tomatoes, cucumbers, and bell peppers from the Seasonal Produce Farm in Bethel !	CHOICE OF 1% CHOC, CHOC SKIM 1% UNFLAVORED OR SKIM, FF STRAWBERRY AND VANILLA MILK/FRESH FRUIT/JUICE	<b>1</b> MAC AND CHEESE W/GRILLED FRANKS OR BAKED HAM Pinto beans Steamed Cabbage Stewed Tomatoes Onions and Cornbread Peaches	<b>2</b> CHEESE PIZZA OR RAINBOW TROUT TRASURES Garden Salad Baked Potato Cole Slaw Peach Slush
<b>5</b>  <b>HOLIDAY</b>	<b>6</b> BREAKFAST FOR LUNCH Chicken or Sausage w/ eggs Pancakes w/syrup or Biscuits and Gravy Tater Tots Applesauce	<b>7</b> BAKED HAM OR TURKEY ROAST w/gravy Sweet Potato Souffle Broccoli Casserole Honey Wheat Roll Pear Halves	<b>8</b> BEEF TACOS OR CHICKEN SOFT TACOS Lettuce and Tomato Salsa, Sour Cream and Cheese Whole Kernel Corn Refried Beans Pineapple Tidbits	<b>9</b> FISH SANDWICH OR PEPPERONI PIZZA Baked Potato Broccoli Spears w/cheese Mixed Fruit
<b>12</b> ASIAN CHICKEN W/RICE AND BROCCOLI RIB-E-QUE Pickles Straight Cut Fries Pineapple Fortune Cookie	<b>13</b> CHICKEN NUGGETS OR SALISBURY STEAK Mashed Potatoes and Gravy Seasoned Green Beans Yeast Roll Applesauce	<b>14</b> BAKED ZITI W/GARDEN SALAD AND BREADSTICK OR CLUB SUB Lettuce and Tomatoes Normandy Blend Diced Peaches	<b>15</b> BBQ ON A BUN OR CORNDOG Cole Slaw Veggie Beans Corn Pears	<b>16</b> CHEESE PIZZA OR CHICKEN FILLET Pickles Lettuce and Tomatoes Cream of Broccoli Soup Garden Salad Fresh Orange Wedges Cracker
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

Subject to change.

“ THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”

Rev. 8/24/11