# August/September 2009

## MIDDLE & HIGH SCHOOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 24<br>Cheeseburger on Bun<br>Pickle Spear<br>Baked Potato Wedges<br>Chilled Applesauce<br>Milk | 25<br>Totally Taco Wedges w/ salsa<br>Seasoned Corn<br>Whole Fruit Juice Bar<br>Milk | 26<br>Mozzarella Cheese Sticks w/sauce<br>Warm Soft Pretzel Rod<br>Carrot Sticks w/dip<br>Fresh Grapes<br>Milk | 27<br>Chicken Nuggets w/sauce<br>Warm Dinner Roll<br>Whipped Potatoes w/gravy<br>Seasoned Green Beans<br>Milk | 28<br>Pizza<br>(cheese or meat)<br>Seasoned Peas<br>Chilled Mixed Fruit<br>Milk |
| 31<br>French Toast Sticks<br>Sausage<br>Hash Brown<br>Warm Cinnamon Apples<br>Milk | 1<br>Mini Corn Dogs w/sauce<br>Baked Potato w/butter<br>Broccoli w/cheese<br>Rold Gold Pretzels<br>Milk | 2<br>Chicken Fajita Wrap w/ lettuce & cheese<br>Pasta Salad<br>Celery w/peanut butter<br>Fresh Orange Wedges<br>Milk | 3<br>Chili Spaghetti w/cheese<br>Oyster Crackers<br>Crisp Lettuce Salad w/dressing<br>Chilled Pineapple<br>Milk | 4<br>Pizza<br>(cheese or meat)<br>Glazed Carrots<br>Chilled Peaches<br>Milk |
| 7<br>LABOR DAY<br> | 8<br>Spicy Chicken Patty on Bun<br>Baked Tator Tots<br>Sherbet Cup<br>Milk | 9<br>Fish Hoagie Sandwich<br>Baked Macaroni & Cheese<br>Seasoned Mixed Vegetable<br>Fresh Apple Wedges<br>Milk | 10<br>Soft Taco w/lettuce & cheese<br>Spanish Rice<br>Refried Beans<br>Chilled Mandarin Oranges<br>Milk | 11<br>Pizza<br>(cheese or meat)<br>Crisp Lettuce Salad w/dressing<br>Chilled Pears<br>"American" Firecracker Bar<br>Milk |
| 14<br>West Clermont Burgers (Mini Hamburgers)<br>Pickle Slices<br>Baked Potato Wedges<br>Chilled Pears<br>Milk | 15<br>Chicken Quesadilla w/salsa<br>Crisp Lettuce Salad w/ dressing<br>Strawberries w/topping<br>Milk | 16<br>Mozzarella Cheese Sticks w/sauce<br>Warm Soft Pretzel Rod<br>Celery w/peanut butter<br>Chilled Applesauce Cup<br>Milk | 17<br>Chicken Strips w/sauce<br>Chicken Flavored Rice<br>Seasoned Green Beans<br>Chilled Peaches<br>Milk | 18<br>Pizza<br>(cheese or meat)<br>Seasoned Corn<br>Fresh Banana<br>Milk |
| 21<br>Hot Dog on Bun<br>Baked Beans<br>Chilled Mandarin Oranges<br>Sun Chips<br>Milk | 22<br>Nacho Haystack w/taco meat & cheese sauce<br>Carrot Sticks w/dip<br>Chilled Pineapple<br>Milk | 23<br>Chicken Tetrazzini<br>Cheese Breadstick<br>Seasoned Mixed Vegetables<br>Chilled Mixed Fruit<br>Milk | 24<br>Pizza<br>(cheese or meat)<br>Crisp Lettuce Salad w/dressing<br>Chilled Gelatin Cup w/fruit<br>Milk | 25<br>NO SCHOOL<br>TEACHER<br>INSERVICE DAY |
| 28<br>Popcorn Chicken w/sauce<br>Warm Corn Muffin<br>Baked Tator Tots<br>Seasoned Green Beans<br>Milk | 29<br>Stuffed Crust Dippers<br>Dipping Sauce<br>Crisp Lettuce Salad w/ dressing<br>Whole Fruit Juice Bar<br>Milk | 30<br>Grilled Chicken Patty on Bun<br>Whipped Potatoes w/gravy<br>Chilled Applesauce<br>Milk | | |

***Welcome Back!***

Lunch Prices:

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| Middle School | $2.50 |
| High School | $2.50 |
| HS Superboat | $2.75 |
| HS Thur. Special | $3.25 |
| Adult Lunch | $3.25 |

<u>Available Daily at MS/HS</u>
PBJ Sandwich, Assorted Cold Sandwiches, Assorted Fresh Salads and Fresh Fruit

<u>Also Available at HS</u>
Soup & Baked Potatoes

Multigrain or whole wheat bread products are served whenever possible.

Each school lunch consists of five meal components—meat/meat alternate, grain product, fruit, vegetable or 2 fruits or 2 vegetables, and milk. Students are encouraged to take <u>all</u> items. Students may choose as few as three items for the lunch price.

Remember to prepay for lunch. It's fast and convenient.

Our District is an Equal Opportunity Provider.

To view your student's lunch account regarding balance, payments, or to get a detailed summary, go to www.myschoolaccount.com.