

CHOOSING HEALTHY CEREALS

(Check the nutrition message)

SEPTEMBER LUNCH MENU - 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 LABOR DAY	7 WELCOME BACK! Macaroni & cheese Ice cream	8 Luleh Kebab Sandwich/ Yoghurt	9 Mortadella Sandwich Baked chips	10 Pizza Veggies	11
12	13 Karmir Pilaf	14 Chicken/ French fries	15 Spaghetti Caesar salad	16 PSC 1 ST MEETING 8:30 A.M. In the auditorium Lahmajun Yoghurt	17 Gift wrap order starts Pizza Veggies	18
19	20 Hamburger Fries	21 Pea stew/Rice Frozen Yoghurt	22 Bake sale Croissants \$2.00 Turkey Sandwich Baked chips	23 Chicken with Pilaf	24 FREE DRESS Pizza Veggies	25
26	27 Macaroni & cheese Ice cream	28 Luleh Kebab Sandwich/ Yoghurt	29 Individual picture day Ham & Cheese Sandwich	30 Class picture day Karmir Pilaf		

ALL LUNCHEs: \$4.00 (INCLUDES A HEALTHY BEVERAGE*) VEGETABLE & FRUIT)

***MILK, CHOCOLATE MILK, 100% FRUIT JUICE WILL BE ALTERNATED ON A DAILY BASIS**

Coupon Sale Hours: 7:50 -8:45 A.M. & 9:50 -10:45 A.M.