

# East Meadow Lunch Menu

## September 2010

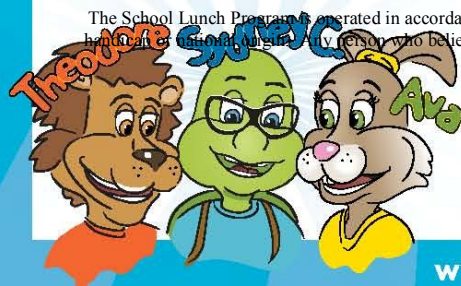
<b>WELCOME BACK!</b>	All fall we will be purchasing our fruits and vegetables from local farms in Massachusetts and Northern CT	1 Baked Crispy Popcorn Chicken <u>Locally Grown Apples</u> <u>Local Fresh Zucchini</u> and <u>Yellow Squash</u>	2 French Toast Sticks w/ Sausage Oven Baked Tater Tots Orange Juice <u>Locally Grown Apples</u>	3 <b>Cheese or Pepperoni Pizza*</b> Fresh Local Grown Carrot Sticks w/ LF Ranch Dip <u>Fresh Regionally Grown Peaches</u>
<b>6 No School Labor Day</b>	7 <b>Balanced Choices Meal:</b> Chicken Soft Tacos Lettuce & Tomatoes Cheese and Salsa White Rice Chilled Pears	8 <b>Balanced Choices Meal:</b> Hot Dog (Turkey) on a Bun w/ Oven Baked Potato Wedges <u>Locally Grown Apples</u>	9 <b>Balanced Choices Meal:</b> American Chop Suey (Macaroni and Meat Sauce) Tossed Salad w/ Fresh, Whole Wheat Roll, Orange Wedges	10 <b>Cheese or Pepperoni Pizza*</b> Fresh Carrot Sticks w/ Ranch Dip <u>Local Grown Apples</u>
13 <b>Balanced Choices Meal:</b> Chicken Patty Sandwich Baked Potato Puffs Chilled Peaches	14 <b>No Lunch Curriculum Half Day</b>	15 <b>Baked Breaded Chicken Nuggets*</b> Crispy Potato Rounds Seasoned Green Beans <u>Locally Grown Pears</u>	16 Scoop Your Own Tacos Beef Taco Meat <b>Tostitos Scoops*</b> Lettuce, Tomatoes, Cheese, and Salsa Seasoned Corn Watermelon, Milk	17 <b>Cheese or Pepperoni Pizza*</b> Tossed Salad w/ Fresh Spinach & Low Fat Dressing <u>Locally Grown Pears</u>
20 <b>Balanced Choices Meal:</b> Hot Dog (Turkey) on a Bun w/ Oven Baked Potato Wedges Orange Wedges	21 Chicken Teriyaki Dippers Steamed White Rice <u>Roasted Local Carrot Fries</u> Mandarin Oranges U.S President Cookies	22 <b>Balanced Choices Meal:</b> Baked Potato Bar With Cheese, Green Onions, Bacon, Sour Cream, Steamed Broccoli, Apples Herb Breadstick	23 <b>Balanced Choices Meal:</b> Chicken Soft Tacos Lettuce & Tomatoes Cheese and Salsa White Rice Chilled Pears	24 <b>Cheese or Pepperoni Pizza*</b> Fresh Carrot Sticks w/ Ranch Dip <u>Local Grown Apples</u>
27 Cheese/Hamburger on a Bun, <u>Local Grown Cucumber</u> Wheels w/ LF Ranch Dip <u>Local Oven Roasted Red Potatoes</u> <u>Locally Grown Pears</u>	28 Baked Popcorn Chicken Whole Wheat Bread Sticks <u>Roasted Local Carrot Fries, Local Grown Apples</u>	29 <b>Balanced Choices Meal:</b> American Chop Suey (Macaroni and Meat Sauce) Tossed Salad w/ Fresh Spinach & Low Fat Dressing <u>Locally Grown Pears</u>	30 <b>Balanced Choices Meal:</b> Chicken Patty on a Whole Wheat Bun U.S. Capital Cookies <u>Locally Grown Apples</u> <u>Local Fresh Zucchini</u> and <u>Yellow Squash</u> Sticks w/ LF Ranch	Celebrate <b>Massachusetts Harvest for Students Week</b> by enjoying our regionally purchased fruits and vegetables.
<i>Mondays:</i> <b>Cheese Pizza or Entrée Salad</b>	<i>Tuesdays:</i> <b>Chicken Nuggets or Entrée Salad</b>	<i>Wednesdays:</i> <b>Cheeseburger or Entrée Salad</b>	<i>Thursdays:</i> <b>VEGGIE BURGER or Entrée Salad</b>	<i>Fridays:</i> <b>Chicken Patty Sandwich or Entrée Salad</b>
<i>Mondays:</i> Cereal Fun Lunch: Golden Grahams or Frosted Mini Wheat Cereal* w/ Crush Cup Yogurt, Fruit, 100% Fruit Juice, and Milk	<i>Tuesdays:</i> Cold Pizza Bagel Fun Lunch (Bagel, Pizza Sauce & Shredded Cheese or String Cheese), Fruit, and Milk	<i>Wednesdays:</i> <b>Balanced Choices Meal:</b> Junior Turkey & Cheese Sub w/ Graham Crackers, Fresh Fruit, Veggie Sticks	<i>Thursdays:</i> Cold Nachos Fun Lunch: Crispy Tortilla Shell Rounds* w/ Shredded Cheddar, Salsa, Fruit, and Milk	<i>Fridays:</i> <b>Balanced Choices Meal:</b> Bagel with Crush Cup Yogurt Fun Lunch Fruit, and Milk

\*This menu item is made with whole grain.

Daily Milk Choices Include: Skim White, Low Fat White, Low Fat Chocolate, and Low Fat Strawberry

If you have questions or comments please contact the School Food Service Office at 467-3688 or Andrew Stratton, Director of Dining Services at  
Andrew.stratton@compass-usa.com

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