











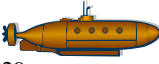



Florence Sawyer School

September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	
30	Teriyaki Dippers White Rice Steamed Broccoli Pineapple Cup 	Cheesy Lasagna Warm Garlic Bread Seasoned Green Beans	Rodeo Burger Beef Burger on a Wheat Roll w/ American Cheese, Slice of Bacon, & BBQ Sauce Lettuce & Tomato Cup Curley Fries 	French Bread Pizza Veggie Sticks & Low Fat Dip 	
Labor Day No School 	Chicken Nuggets Assorted Dips Rice Pilaf Parslied Carrots 	<i>Something New</i> Bacon & Cheese Quesadilla Salsa & Low Fat Sour Cream Mexi-Corn 	Chicken-Broccoli Alfredo over Pasta Wheat Roll Garden Salad Low Fat Dressing	Mozzarella Sticks Marinara Sauce for Dipping Seasoned Green Beans Wheat Roll	
<i>Popcorn Chicken Bowl</i> w/ Chicken, Whipped Potatoes Sweet Corn, Topped with Steamy Gravy and Shredded Cheese 13 Wheat Roll	<i>Mucho Nachos</i> Seasoned Beef, Nacho Cheese Sauce, Salsa, Low Fat Sour Cream, Lettuce & Tomatoes over Warm Tortilla 14 Chips	Philly Style Cheese Steak Roasted Onions & Peppers Assorted Condiments Reduced Fat Cape Cod Chips 15	<i>Something New</i> Baked Potato Bar Chili, Cheese Sauce, Low Fat Sour Cream, Salsa, Steamed Broccoli Wheat Roll  16	<i>Pizza Party</i> A variety to choose from. Garden Salad Low Fat Dressing  17	
Hot Dog on a Roll Assorted Condiments Creamy Coleslaw Pickle Spear  20	Chicken Nuggets Assorted Dips Veggie- Pasta Salad Veggie Sticks & Low Fat Dip  21	Pasta & Meat Sauce Warm Garlic Bread Seasoned Green Beans  22	<i>Tacos</i> Seasoned Turkey or Beef Shredded Cheese, Salsa, Lettuce & Tomatoes in a Soft Tortilla Sweet Corn Nibbles 23	Early Release Day <i>Pizza Party</i> A variety to choose from. Garden Salad Low Fat Dressing 24	
Chicken Dippers Assorted Dips Veggie Sticks French Fries Wheat Roll 27	Home Made Mac & Cheese Steamed Vegetable Wheat Roll  28	Meatball Sub Shredded Mozzarella Garden Salad Low Fat Dressing  29	<i>Brunch</i> French Toast Sticks Syrup Cup Lite Sausage Tater Tots Peach Cup 30	<i>Pizza Party</i> A variety to choose from. Garden Salad Low Fat Dressing  31	Tom Houle Director thoule@nrsd.net *All meals include choice of milk, vegetable, fresh & chilled fruit & grain/alternate*
<u>Monday</u> Hamburger /Cheese	<u>Tuesday</u> Hot Dog	<u>Wednesday</u> Pizza	<u>Thursday</u> Grilled Cheese	<u>Friday</u> Tuna Roll	<u><Alternates</u>