



Meridian Food & Nutrition Services

Elementary Lunch Menu -Traditional Schools

OCTOBER 2009

Monday

Tuesday

Wednesday

Thursday

Friday

-1-

-2-

State In-service Days--No School

-5-

Cheeseburger
Teriyaki Chicken Bowl
Pears
Green Beans
Garden Salad
Choice of Milk

-6-

Taco Salad
Ham & Cheese Wrap
Mixed Fruit
Fresh Veggie Medley
Cookie
Choice of Milk

-7-

Pepperoni Pizza
Macaroni & Cheese
Garden Salad
Fresh Fruit Cup
Yogurt
Choice of Milk

-8-

Baked Chicken
Weiner Wrap
Mashed Potatoes
Jello
Fresh Fruit
Choice of Milk

-9-

Finger Steaks
Fish Nuggets
Baked Fries
Peaches
Veggie Sticks
Choice of Milk

-12-

Cheese Pizza
Munchable
Garden Salad
Corn
Pears
Choice of Milk

-13-

Soft Shell Taco
BBQ Chicken Legs
Rice Pilaf
Green Beans
Fresh Fruit
Choice of Milk

-14-

Corn Dog
Chef Salad
Potato Wedges
Veggie Sticks
Mandarin Oranges
Choice of Milk

-15-

Chicken Alfredo w/Bread
Yogurt Fruit Plate
Garden Salad
Veggie Medley
Peaches
Choice of Milk

-16-

Chicken Nuggets
Bake Potato w/cheese
Nectarines
Broccoli
Cinnamon Bread Sticks
Choice of Milk

-19-

French Toast Sticks
Pepperoni Pocket
Baked Tater Tots
Veggie Sticks
Baked Apple Slices
Choice of Milk

-20-

Galaxy Pizza
Orange Chicken w/Rice
Garden Salad
Mixed Fruit
Chocolate Pudding
Choice of Milk

-21-

Hot Dog
Southwest Chicken Salad
String Cheese
Peas
Fresh Fruit
Choice of Milk

-22-

Grilled Chicken Sandwich
Lasagna w/Garlic Bread
Garden Salad
Corn
Fresh Fruit Cup
Choice of Milk

-23-

Hamburger
Baked Cheese Sandwich
Baked Fries
Fresh Veggie Medley
Cinnamon Applesauce
Choice of Milk

-26-

Chicken Nuggets
Ravioli
Fresh Fruit
Carrots
Italian Bread Stick
Choice of Milk

-27-

Burrito
Baked Potato w/cheese
Broccoli
Veggie Sticks
Tropical Fruit
Choice of Milk

-28-

Grilled Chicken Sandwich
Spaghetti w/Garlic Bread
Garden Salad
Green Beans
Fresh Fruit
Choice of Milk

-29-

Nachos
Turkey Wrap
Corn
Fresh Veggie Medley
Sugar Cookie
Choice of Milk

-30-



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