

Breakfast includes fruit or fruit juice and milk

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Cereal Cereal Bar Or Cereal Bar Yogurt	Choice of Cereal Cheese Stick Or Breakfast Sandwich	Choice of Cereal Goldfish Graham Or Breakfast Pizza	Choice of Cereal Pop Tart Or Glazed French Toast	Choice of Cereal Yogurt Or Breakfast Pastry Yogurt

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			1) Day #3 Chicken Rings Veggies w/Dip Chilled Pears Icy Fruit Bar Milk	2) Day #4 Slice of Pizza Green Beans Apple Sauce Rice Krispies Milk
5) Day #5 Orange Juice Sausage Pattie French Toast Sticks w/ syrup Fresh Fruit Milk	6) Day #6 Rotini w/ Mt. Sauce Warm Breadstick Tossed Salad Mandarin Oranges Milk	7) Day #1 Tacos w/lettuce, tomato and salsa Whole Corn Fruit Churro Milk	8) Day #2 Tomato Soup w/ Saltines Toasted Cheese Rocky Mt. Salad Choc. Chip Cookie Milk	9) Day #3 Maxi Sticks w/ Marinara Sauce Green Beans Chef Salad Chilled Fruit Milk
12). No School In-service Day	13) Day #4 Hamb. Or Cheeseburger Lettuce & Tomato Potato Triangles Chilled Pudding Milk	14) Day #5 Chicken Fries Dinner Roll Steamed Broccoli Apple Sauce Milk	15) Day #6 Spaghetti w/ Meat sauce Warm Bread Stick Tossed Salad Pineapple Cup Milk	16) Day #1 Stuffed Crust Carrot Coins Rocky Mt. Salad Brownie Milk
19) Day #2 Hot Dog or Chili Dog Cosmic Fries Baby Carrots Ice Cream Cup Milk	20) Day #3 Chicken Strips w/ Roll and Sauce Mixed Veggies Apple Sauce Milk	21) Day #4 Macho Nacho Whole Corn Fruit Churro Milk	22) Day #5 Mac & Cheese Garlic Bread Stick Fresh Relish w/ Dip Fresh Grapes Milk	23) Day #6 Fish Treasures Dinner Roll Potato Spudster Baby Carrots Jello Milk
26) Day # 1 Chicken Patty on Roll w/ Lettuce Seasoned Peas Apple Sauce Milk	27) Day #2 Hot Ham & Cheese Sand. Baked Beans Veggie Cup w/ Dip Sliced Peaches Milk	28) Day #3 APPLE CRUNCH DAY Chick' in & Waffles Whipped Potato Apple Wedges w/ carmel Rice Krispie Treat Milk	29) Day #4 Chicken Noodle Soup Peanut butter Sand. Chilled Fruit Pumpkin Shaped Pretzel Milk	30) Day #5 Cold-Cut Sandwich Baked Chips Orange Wedges Icy Fruit Bar Milk

**October
2009
Menu**



**Armagh
Elementary**