

MENU

Week of

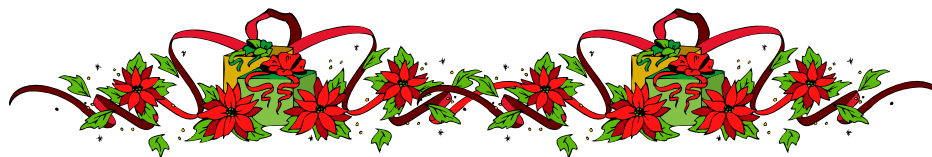
Approved by: _____

December 1-5 2008 & January 5- 9 2009

& February 9-13 2009

SAS Winter 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies Cereal Peaches Milk	English muffins Butter/ jelly Pears Milk	Kix Cereal Fruit Milk	Scrabbled Eggs Soft tortillas Pears Milk	Pancakes w/ Syrup Mandarin Oranges Milk
Lunch					2/13/09 Macaroni and Cheese , Fish Patties Broccoli Fruit Milk
Snack	Nachos Corn Tortilla Chips Chili Shredded Cheese Apple Juice	Homemade Oatmeal Raisin Cookies Milk	Tater Tots Asst. Low Fat Milk	Chocolate Chip Muffins Asst. Low Fat Milk	Homemade English Muffin Pizza Apple Juice



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Week of

Approved by: _____

December 8-12 2008 & January 12-16 2009

& February 16-20 2009

SAS Winter 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Raisin Bran Cereal Pineapple Milk	Bagels Grape jelly or butter Fruit Milk	French Toast Syrup Pears Milk	Hard Boiled Eggs Toast Butter Peaches Milk	Rice Krispies Cereal Mix fruit Milk
Lunch					
Snack	Cascades w/cheese Apple Juice	Yogurt Fresh Fruit	Corn Bread Jelly Asst. Low Fat Milk	Bagels Cream Cheese Asst. Low Fat Milk	Mild Buffalo Wings Ranch Dressing Grape Juice



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Week of

Approved by: _____

December 15-19 2008 & January 19-23 2009

& February 23-27 2009

SAS Winter 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Kix Cereal Fruit Milk	Scrabbled Eggs Toast Butter Pears Milk	Life Cereal Mandarin Oranges Milk	Waffle Sticks w/ Syrup Blueberries Milk	English muffins Fruit Milk
Lunch					
Snack	Homemade Rice Krispie Treats Hot Chocolate made with Milk	Baked Soft Pretzels Apple Juice	Fruit Filled Pancakes Strawberries Low Fat Chocolate Milk	Pound Cake Milk	Baked Potato Chili and Cheese Grape Juice

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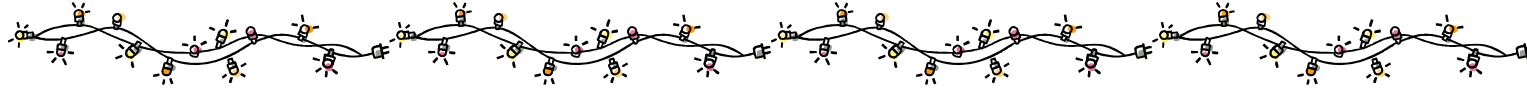
Approved by: _____

December 22-26 2008 & January 26-30 2008

SAS Winter 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies Cereal fruit Milk	Pancakes w/ Syrup Blueberries Milk	Kix Cereal Peaches Milk	English Muffin Butter and Jelly Pears Milk	French Toast Syrup Pears Milk
Lunch		12/23/08 BBQ chicken Corn on the cob Dinner roll Peaches Asst. Low Fat Milk	12/24/08 Spaghetti w/ beef meat Sauce salad Mixed Fruit Asst. Low Fat Milk		12/26/08 Ground Beef Shredded Cheese Lettuce & Tomato Taco Shells Asst. Low Fat Milk
Snack	Beef Taco Dip Tortilla Chip Apple Juice	Homemade Blueberry Muffins Hot Chocolate made with Milk	Cheese Bread Sticks Tomato Sauce Grape Juice	Waffles Blueberries Milk	Homemade Pound Cake Strawberries Milk





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Week of

Approved by: _____

December 29, 2008 - January 2, 2009

& February 2-6 2009

SAS Winter 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Life Cereal Mandarin Oranges Milk	French Toast Sticks w/ Syrup Blueberries Milk	Cheerios Bananas Milk	Toast Butter or Jelly Fruit Milk	Scrabbled Eggs Soft tortillas Pears Milk
Lunch	12/29/08 Beef Spanish Rice Corn on the Cob Pears Asst. Low Fat Milk	12/30/08 Chicken Parm Spaghetti w/ Sauce Rolls Mixed Fruit Milk	12/31/08 Tomato Soup Grilled Cheese Applesauce Asst. low Fat Milk		1/2/09 Homemade Macaroni and Cheese Broccoli Peaches Milk
Snack	Cheese Quesadilla Salsa Apple Juice	Homemade Cinnamon Buns Asst. Low fat Milk	Yogurt Graham Crackers	Chicken Noodle Soup Crackers Fruit Juice	BBQ Chicken Wings Grape Juice

