

September  
2009  
K-8  
Menu



**Breakfast:**  
\$0.75 Paid  
\$0.25 Reduced  
**Lunch:**  
\$2.00 Paid  
\$0.40 Reduced

Menu is subject to  
change without  
notice.

*Welcome Back!*

**EXTRA! Lunch Page News**

*Application Deadline*

Just a reminder that your eligibility for free or reduced-price meals will expire automatically on September 28 if we do not receive your new application. If you have not received an application, please pick one up at your school office or cafeteria. You can also print one on line. Please call the Food Service Office at 375-7604 xt 1060 with any questions.

September 2009 Edition

**SEPTEMBER BIRTHDAYS**

- Beyoncé Knowles (28) -- Sept. 4
- Jane Addams -- Sept. 6
- Prince Harry (25) -- Sept. 15
- Nick Jonas (17) -- Sept. 16
- Lance Armstrong (38) -- Sept. 18
- Serena Williams (28) -- Sept. 26

**Tuesday, Sept. 1**

**Breakfast**  
Breakfast Burrito  
Or Cereal &  
Clodhoppers,  
Fruit & Milk

**Lunch**  
Crunchy Beef Taco,  
Spanish Rice,  
Refried Beans,  
Lettuce, Tomato,  
Fruit  
& Milk

**Wednesday, Sept. 2**

**Breakfast**  
Fruit Turnover Or  
Cereal & Crackers,  
Fruit  
& Milk

**Lunch**  
Manager's  
Choice

**Thursday, Sept. 3**

**Breakfast**  
Manager's  
Choice

**Lunch**  
Turkey Gravy,  
Mashed Potatoes,  
Roll, Veggie,  
Fruit  
& Milk

**Friday, Sept. 4**

**Breakfast**  
Egg & Cheese  
Sandwich Or Cereal  
& Crackers,  
Fruit & Milk

**Lunch**  
Mac N Cheese,  
Salad,  
Fruit  
& Milk

**Tuesday, Sept. 8**

**Breakfast**  
Peanut Butter  
Waffle Or Cereal  
& Crackers,  
Fruit & Milk

**Lunch**  
Spaghetti,  
Breadstick,  
Salad,  
Fruit  
& Milk

**Wednesday, Sept. 9**

**Breakfast**  
Yogurt Or  
Cereal &  
Clodhoppers,  
Fruit  
& Milk

**Lunch**  
Egg Roll,  
Oriental Rice,  
Cabbage Salad,  
Fruit  
& Milk

**Thursday, Sept. 10**

**Breakfast**  
Waffle & Egg Or  
Cereal & Cracker,  
Fruit & Milk

**Lunch**  
Hamburger,  
French Fries,  
Baked Beans,  
Fruit  
& Milk

**Friday, Sept. 11**

**Breakfast**  
Muffin Or  
Cereal & Cracker,  
Fruit  
& Milk

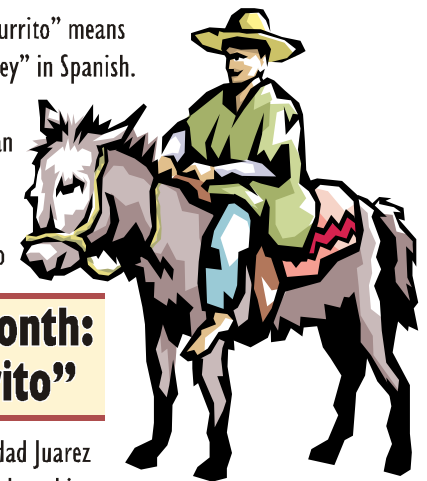
**Lunch**  
Pizza,  
Jell-O,  
Veggie,  
Fruit  
& Milk



Where do all of our  
crazy names for  
food come  
from?

The word "Burrito" means  
"little donkey" in Spanish.

Mexican legend  
has it that a man  
named Juan  
Mendez would  
ride his burro to

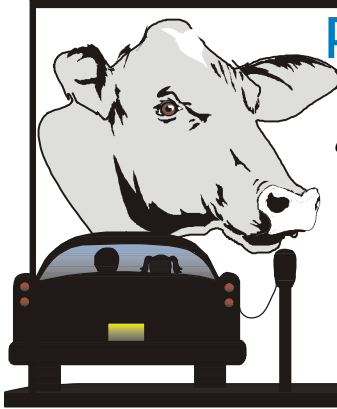


**This month:  
"Burrito"**

the town of Ciudad Juarez  
to sell tacos. To keep his tacos warm,  
he started wrapping the filling snugly in large flour tortillas  
and then wrapped the whole thing in a napkin. Customers  
began to seek out the "food of the Burrito," and that  
eventually became the name of these large and tasty tacos.

**Last Chance  
to Bask!**  
Labor Day Monday, Sept. 7  
Enjoy your day off!

# DRIVE-IN MOO-VIE



**PLAYING DAILY**  
Your choice of milk with all complete meals.

**STARRING**  
Non fat  
Chocolate Or  
Low fat White

**Monday, Sept. 14**

**Breakfast**  
Breakfast Pizza Or  
Cereal &  
Clodhopper,  
Fruit & Milk

**Lunch**  
Fish,  
Potato Smiles,  
Fruit,  
Brownie  
& Milk

**Tuesday, Sept. 15**

**Breakfast**  
Pancake & Egg  
Or Cereal & Bears,  
Fruit  
& Milk

**Lunch**  
Beef, Bean &  
Cheese Nachos,  
Lettuce, Tomato,  
Fruit  
& Milk

**Wednesday, Sept. 16**

**Breakfast**  
Scooby Snacks & PB  
Or Cereal & Yogurt,  
Fruit  
& Milk

**Lunch**  
Manager's  
Choice

**Thursday, Sept. 17**

**Breakfast**  
French Toast &  
Sausage Or Cereal &  
Crackers, Fruit  
& Milk

**Lunch**  
Beef Dipper,  
Rice Pilaf,  
Roll,  
Fruit, Veggie  
& Milk

**Friday, Sept. 18**

**Breakfast**  
Super Donut Or  
Cereal & Yogurt,  
Fruit  
& Milk

**Lunch**  
Mac N Cheese,  
Salad,  
Fruit  
& Milk



**EXPLORING THE SECRETS OF "MY PYRAMID"**

**Q: How can you make a plum tree grow prunes?**

**Monday, Sept. 21**

**Breakfast**  
Bagel & PNB Or  
Cereal & Crackers,  
Fruit  
& Milk

**Lunch**  
Chicken Sandwich,  
French Fries,  
Fruit  
& Milk

**Tuesday, Sept. 22**

**Breakfast**  
Waffle Stick Or  
Cereal &  
Clodhoppers,  
Fruit & Milk

**Lunch**  
Breakfast  
For Lunch  
& Milk

**Wednesday, Sept. 23**

**Breakfast**  
Buttermilk Bar Or  
Cereal & Cracker,  
Fruit  
& Milk

**Lunch**  
Corn dog,  
French Fries,  
Fruit  
& Milk

**Thursday, Sept. 24**

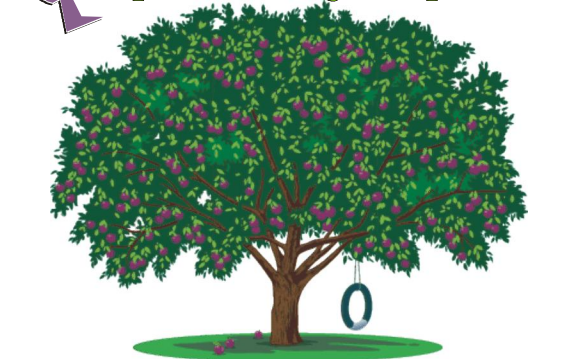
**Breakfast**  
Sausage Biscuit Or  
Cereal & Yogurt,  
Fruit  
& Milk

**Lunch**  
Chicken Soft Taco,  
Spanish Rice,  
Refried Beans,  
Fruit  
& Milk

**Friday, Sept. 25**

**Breakfast**  
Churro Or Cereal  
& Yogurt,  
Fruit  
& Milk

**Lunch**  
Pizza,  
Jell-O,  
Veggie,  
Fruit  
& Milk



**A:** It's easy, and there's no magic involved! Prunes are dried plums, so every plum tree grows plums AND prunes!

**LEARN MORE AT [WWW.KIDSHALTH.ORG/KID/STAY\\_HEALTHY/FOOD/PYRAMID.HTML](http://WWW.KIDSHALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML)**

**Monday, Sept. 28**

**Breakfast**  
Fruit Turnover Or  
Cereal & Yogurt,  
Fruit  
& Milk

**Lunch**  
Manager's  
Choice

**Tuesday, Sept. 29**

**Breakfast**  
Muffin Or Cereal &  
Cracker,  
Fruit  
& Milk

**Lunch**  
Beef Dino Nuggets,  
Tater Tots,  
Cookie,  
Fruit  
& Milk

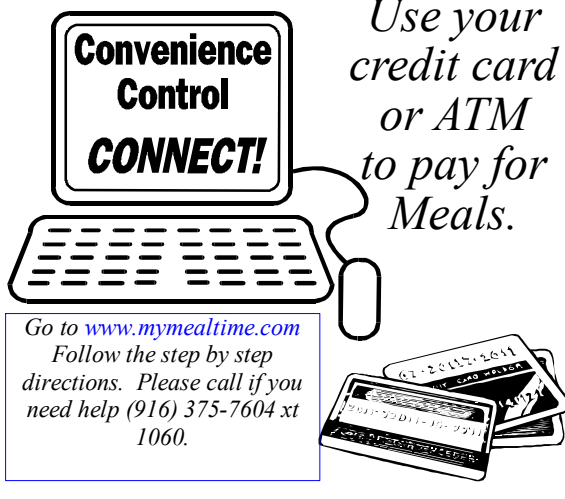
**Wednesday, Sept. 30**

**Breakfast**  
Manager's  
Choice

**Lunch**  
Cheeseburger,  
French Fries,  
Lettuce, Pickle,  
Fruit  
& Milk

**Convenience Control CONNECT!**

Use your credit card or ATM to pay for Meals.



Go to [www.mymealtime.com](http://www.mymealtime.com)  
Follow the step by step directions. Please call if you need help (916) 375-7604 xt 1060.