



**Aurora R-VII  
School District  
ROBINSON  
ELEMENTARY  
BREAKFAST AND  
LUNCH**

# SEPTEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		It's CPD with Opaa! 1	2	New Menu Feature Item! 3
		<b>1 Chicken Patty</b> Mashed Potatoes w/Gravy Green Beans, Whole Grain Hot Roll, Milk <b>2 Swiss Steak</b> Mashed Potatoes w/Gravy, Green Beans, Whole Grain Hot Roll, Milk	<b>1 Corn Dog</b> Fresh Fruit, Broccoli Fruit Streusel Muffin Milk <b>2 Mac N' Cheese w/Ham</b> Broccoli, Fresh Fruit Fruit Streusel Muffin, Milk	<b>1 Chicken Stars and Stripes</b> Fresh Garden Salad Tropical Fruit, PB Chocolate Chip Cookie Milk <b>2 Signature Pizza</b> Fresh Garden Salad Tropical Fruit, PB Chocolate Chip Cookie Milk
6  LABOR DAY	7 <b>1 Hamburger Sliders</b> Oven Fries, Fresh Grapes Hummingbird Cake, Milk <b>2 Italian Calzone</b> Oven Fries, Fresh Grapes Hummingbird Cake, Milk	It's CPD Day with Opaa! 8	9 <b>1 Spaghetti w/Italian Bread</b> Fresh Garden Salad Green Beans Fresh Fruit Milk <b>2 3 Cheese Grilled Cheese,</b> Fresh Garden Salad, Green Beans, Fresh Fruit, Milk	10 <b>1 PBJ on Whole Wheat</b> Fresh Garden Vegetables Missouri Apples Chocolate Cookie, Milk <b>2 Pita Pizza</b> Fresh Garden vegetables Missouri Apples, Chocolate Cookie, Milk
13 <b>1 BBQ Rib</b> Pasta Salad, Fresh Apple Salad, Cowboy Cookie, Milk <b>2 All American Hot Dog</b> Pasta Salad, Fresh Apple Salad, Cowboy Cookie, Milk	14 <b>1 Taco's</b> Fresh Garden Salad Melon Wedges Whipped Jello, Milk <b>2 Italian Sub</b> Fresh Garden Salad Melon Wedges Whipped Jello, Milk	It's CPD with Opaa! 15	16 Breakfast for Lunch	17 New Menu Feature!
		<b>1 Chicken Patty</b> Mashed Potatoes w/Gravy Peas and Carrots, Whole Grain Hot Roll, Milk <b>2 Turkey</b> Mashed Potatoes w/Gravy, Peas and Carrots, Whole Grain Hot Roll, Milk	<b>1 French Toast Sticks</b> Sausage, Tater Tots, Melon Wedges, Milk <b>2 Biscuits and Gravy</b> Sausage, Tater Tots Melon Wedges, Milk	<b>1 Whole Grain Pizza</b> Fresh Garden Salad Fresh Grapes, Monster Cookie, Milk <b>2 Tuna Salad on Whole Wheat</b> Fresh Garden Salad, Fresh Grapes, Monster Cookie, Milk
20 <b>1 Chicken Sticks</b> Seasoned Oven Fries Fresh Melon, Rainbow Cake, Milk <b>2 Sloppy Joe</b> Seasoned Oven Fries Fresh Melon, Rainbow Cake, Milk	21 <b>1 Chicken and Cheese Quesadilla</b> Fresh Garden Salad Fresh Missouri Apples, Jello, Milk <b>2 Ham and Cheese Calzone,</b> Fresh Garden Salad, Fresh Missouri Apples, Jello, Milk	It's CPD with Opaa! 22	23 <b>1 Pizza Pasta Bake</b> Fresh Garden Salad Fresh Apple Slices Fruit Crisp, Milk <b>2 Mozzarella Dunkers</b> Fresh Garden Salad Fresh Apple Slices Fruit Crisp, Milk	24 <b>1 Signature Pizza</b> Fresh Garden Veggies Fresh Grapes, Chocolate Cookie, Milk <b>2 PBJ w/Yogurt</b> Fresh Garden Veggies Fresh Grapes, Chocolate Cookie, Milk
27 <b>1 Chicken Fries</b> Oven Fries Fresh Pears Brownie, Milk <b>2 Pig N' Blanket</b> Oven Fries Fresh Pears Brownie, Milk	28 <b>1 Stromboli</b> Fresh Garden Salad, Chilled Melon, PB Chocolate Chip Cookie, Milk <b>2 Super Nacho's</b> Fresh Garden Salad, Chilled Melon, PB Chocolate Chip Cookie, Milk	29 <b>1 Chicken Patty</b> Mashed Potatoes w/Gravy Mixed Vegetables Whole Grain Opaa! Hot Roll, Milk <b>2 BBQ Meatloaf</b> Mashed Potatoes w/Gravy Mixed Vegetables Whole Grain Opaa! Hot Roll, Milk	30 <b>1 Hamburger</b> Crunchy Garden Vegetables Fresh Apple Slices Amish Sugar Cookie, Milk <b>2 Turkey Club Wrap</b> Crunchy Garden Vegetables Fresh Apple Slices Amish Sugar Cookie, Milk	

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**Our Menus meet USDA guidelines  
for calories, fat, saturated fat,  
protein, calcium, iron, and  
vitamins A and C.  
Milk Served Daily:  
1%, Skim, & Chocolate Skim  
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*Menus are subject to Change*

