



**Charleston R-1
School District
ELEMENTARY
BREAKFAST
AND LUNCH**

SEPTEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		It's CPD with Opaa! 1	1 Corn Dog 2 Fresh Fruit, Broccoli Fruit Streusel Muffin, Milk 2 Mac N' Cheese w/Ham Broccoli, Fresh Fruit Fruit Streusel Muffin, Milk 3 Chef Salad Fresh Fruit, Fruit Streusel Muffin, Milk	New Menu Feature Item! 3
6	1 Hamburger Sliders 7 Oven Fries, Fresh Grapes, Hummingbird Cake, Milk 2 Italian Calzone Oven Fries, Fresh Grapes, Hummingbird Cake, Milk 3 Chef Salad Fresh Grapes, Hummingbird Cake, Milk	It's CPD Day with Opaa! 8	1 Spaghetti w/Italian Bread 9 Fresh Garden Salad, Green Beans, Fresh Fruit Cup, Milk 2 3 Cheese Grilled Cheese Fresh Garden Salad, Green Beans, Fresh Fruit Cup, Milk 3 Chef Salad Fresh Fruit Cup, Italian Bread, Milk	1 PBJ on Whole Wheat 10 Fresh Garden Vegetables, Missouri Apples, Chocolate Cookie, Milk 2 Pita Pizza Fresh Garden vegetables, Missouri Apples, Chocolate Cookie, Milk 3 Italian Chef Salad Fresh Missouri Apples, Chocolate Cookie, Milk
No School LABOR DAY				
1 BBQ Rib 13 Pasta Salad, Fresh Apple Salad, Cowboy Cookie, Milk 2 All American Hot Dog Pasta Salad, Fresh Apple Salad, Cowboy Cookie, Milk 3 Fajita Chicken Salad Fresh Apple Salad, Cowboy Cookie, Milk	It's Taco Tuesday! 14	It's CPD with Opaa! 15	Breakfast for Lunch 16	New Menu Feature! 17
	1 Taco's Fresh Garden Salad, Melon Wedges, Whipped Jello 2 Italian Sub Fresh Garden Salad, Melon Wedges, Whipped Jello, Milk 3 Chef Salad w/ Italian Bread Fresh Melon Wedges, Whipped Jello, Milk	1 Chicken Patty Mashed Potatoes w/Gravy, Peas and Carrots, Whole Grain Hot Roll, Milk 2 Turkey Mashed Potatoes w/Gravy, Peas and Carrots, Whole Grain Hot Roll, Milk 3 Caesar Chef Salad Fresh Watermelon, Whole Grain Hot Roll, Milk	1 French Toast Sticks Sausage, Tater Tots, Melon Wedges, Milk 2 Biscuits and Gravy Sausage, Tater Tots, Melon Wedges, Milk 3 Chef Salad Fresh Melon Wedges, Pumpkin Muffin, Milk	1 Whole Grain Pizza Fresh Garden Salad, Fresh Grapes, Monster Cookie, Milk 2 Tuna Salad on Whole Wheat Fresh Garden Salad, Fresh Grapes, Monster Cookie, Milk 3 Italian Salad Fresh Grapes, Monster Cookie, Milk
1 Chicken Sticks 20 Seasoned Oven Fries, Fresh Melon, Rainbow Cake, Milk 2 Sloppy Joe Seasoned Oven Fries, Fresh Melon, Rainbow Cake, Milk 3 Fajita Chicken Salad Fresh Melon, Rainbow Cake, Milk	1 Chicken and Cheese Quesadilla 21 Fresh Garden Salad, Fresh Missouri Apples, Jello, Milk 2 Ham and Cheese Calzone Fresh Garden Salad, Fresh Missouri Apples, Jello, Milk 3 Chef Salad Fresh Missouri Apples, Jello, Milk	It's CPD with Opaa! 22	1 Pizza Pasta Bake 23 Fresh Garden Salad, Fresh Apple Slices, Fruit Crisp, Milk 2 Mozzarella Dunkers Fresh Garden Salad, Fresh Apple Slices, Fruit Crisp, Milk 3 Chef Salad Whole Grain Hot Roll, Fresh Apple Slices, Fruit Crisp, Milk	1 Signature Pizza 24 Fresh Garden Veggies, Fresh Grapes, Chocolate Cookie, Milk 2 PBJ w/Yogurt Fresh Garden Veggies, Fresh Grapes, Chocolate Cookie, Milk 3 Italian Chef Salad Fresh Grapes, Chocolate Cookie, Milk
1 Chicken Fries 27 Oven Fries, Fresh Pears, Brownie, Milk 2 Pig N' Blanket Oven Fries, Fresh Pears, Brownie, Milk 3 Fajita Chicken Salad Fresh Pears, Brownie, Milk	1 Stromboli 28 Fresh Garden Salad, Chilled Melon, PB, Chocolate Chip Cookie, Milk 2 Super Nacho's Fresh Garden Salad, Chilled Melon, PB, Chocolate Chip Cookie, Milk 3 Chef Salad Chilled Melon, PB, Chocolate Chip Cookie, Milk	1 Chicken Patty 29 Mashed Potatoes w/Gravy, Mixed Vegetables, Whole Grain Opaa! Hot Roll, Milk 2 BBQ Meatloaf Mashed Potatoes w/Gravy, Mixed Vegetables, Whole Grain Opaa! Hot Roll, Milk 3 Caesar Chef Salad Chilled Tropical Fruit, Whole Grain Opaa! Hot Roll, Milk	1 Hamburger 30 Crunchy Garden Vegetables, Fresh Apple Slices, Amish Sugar Cookie, Milk 2 Turkey Club Wrap Crunchy Garden Vegetables, Fresh Apple Slices, Amish Sugar Cookie, Milk 3 Chef Salad Fresh Apple Slices, Whole Grain Opaa! Hot Roll, 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



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