



**Charleston R-1  
School District  
HIGH SCHOOL  
BREAKFAST  
AND LUNCH**

# SEPTEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		It's CPD with Opaa! 1 <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>3 Soup &amp; Sandwich Bar</b> Salad Bar	2 <b>1 Corn Dog</b> Fresh Fruit, Broccoli Fruit Streusel Muffin Milk <b>2 Chicken Alfredo</b> Broccoli, Fresh Fruit Fruit Streusel Muffin, Milk <b>3 Opaa! Burger Bar</b> Salad Bar	3 <b>1 Signature Pizza</b> Fresh Garden Salad Tropical Fruit, PB Chocolate Chip Cookie Milk <b>2 Chicken Strips</b> Fresh Garden Salad Tropical Fruit, PB Chocolate Chip Cookie Milk <b>3 BBQ Bar</b> Salad Bar
6  No School LABOR DAY	7 <b>1 Cheeseburger</b> Oven Fries, Fresh Grapes Hummingbird Cake, Milk <b>2 Italian Calzone</b> Oven Fries, Fresh Grapes Hummingbird Cake, Milk <b>3 Sweet &amp; Sour Chicken</b> Salad Bar	8 It's CPD Day with Opaa! <b>1 Chicken Patty</b> Mashed Potatoes w/Gravy, Mixed Vegetables, Whole Grain Opaa! Hot Roll, Milk <b>2 Meatloaf</b> Mashed Potatoes w/Gravy, Mixed Vegetables, Whole Grain Opaa! Hot Roll, Milk <b>3 Sandwich Bar</b> Salad Bar	9 <b>1 Lasagna w/Italian Bread</b> Fresh Garden Salad Green Beans Fresh Fruit Cup Milk <b>2 Pepper Jack Grilled Cheese, Fresh Garden Salad, Green Beans, Fresh Fruit Cup, Milk</b> <b>3 Wrap It Up Bar</b> Salad Bar	10 <b>1 Pita Pizza</b> Fresh Garden Vegetables Missouri Apples Chocolate Cookie, Milk <b>2 Tuna Salad on Whole Wheat</b> Fresh Garden vegetables Missouri Apples, Chocolate Cookie, Milk <b>3 Mexican Madness Bar</b> Salad Bar
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 <b>3 Opaa! Burger Bar</b> Salad Bar	14 It's Taco Tuesday! <b>1 Taco's Your Way</b> Fresh Garden Salad Melon Wedges Whipped Jello <b>2 Italian Sub</b> Fresh Garden Salad Melon Wedges Whipped Jello, Milk <b>3 Asian Nation Bar</b> Salad Bar	15 It's CPD with Opaa! <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>3 Soup &amp; Sandwich Bar</b> Salad Bar	16 Breakfast for Lunch <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>3 Italian Bar</b> Salad Bar	17 <b>1 Homemade 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 <b>3 Wrap It Up Friday</b> Salad Bar
20 <b>1 Spicy Chicken Sandwich</b> Seasoned Oven Fries Fresh Melon, Rainbow Cake, Milk <b>2 Sloppy Joe</b> Seasoned Oven Fries Fresh Melon, Rainbow Cake, Milk <b>3 All American Hot Dog Bar</b> Salad Bar	21 New Menu Feature <b>1 Chicken and Cheese Crispito</b> Fresh Garden Salad Fresh Missouri Apples, Jello, Milk <b>2 Ham and Cheese Calzone,</b> Fresh Garden Salad, Fresh Missouri Apples, Jello, Milk <b>3 Breakfast For Lunch Bar</b> Salad Bar	22 It's CPD with Opaa! <b>1 Chicken Patty</b> Mashed Potatoes w/Gravy, Green Beans, Whole Grain Hot Roll, Milk <b>2 Salisbury Steak</b> Mashed Potatoes w/Gravy, Green Beans, Whole Grain Hot Roll, Milk <b>3 Sandwich Bar</b> Salad Bar	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 <b>3 Opaa! Burger Bar</b> Salad Bar	24 <b>1 Signature Pizza</b> Fresh Garden Veggies Fresh Grapes, Chocolate Cookie, Milk <b>2 Soft Taco</b> Fresh Garden Veggies Fresh Grapes, Chocolate Cookie, Milk <b>3 General Chicken</b> Salad Bar
27 <b>1 Chicken Parmesan Sandwich</b> Oven Fries Fresh Pears Brownie, Milk <b>2 Pig N' Blanket</b> Oven Fries Fresh Pears Brownie, Milk <b>3 BBQ Bar</b> Salad Bar	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 <b>3 Sweet &amp; Sour Chicken</b> Salad Bar	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 <b>3 Soup &amp; Sandwich Bar</b> Salad Bar	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 <b>3 Mexican Madness Bar</b> Salad Bar	

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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*

