



**Moberly School
District
GRATZ BROWN
ELEMENTARY
BREAKFAST AND
LUNCH**

SEPTEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>It's CPD with Opa! 1</p> <ol style="list-style-type: none"> Chicken Patty Mashed Potatoes w/Gravy Green Beans, Whole Grain Hot Roll, Milk Swiss Steak Mashed Potatoes w/Gravy, Green Beans, Whole Grain Hot Roll, Milk Chef Salad Whole Grain Hot Roll Fresh Fruit, Milk 	<ol style="list-style-type: none"> Corn Dog 2 Fresh Fruit, Broccoli Fruit Streusel Muffin Milk Mac N' Cheese, Broccoli, Fresh Fruit Fruit Streusel Muffin, Milk Chef Salad Fresh Fruit, Fruit Streusel Muffin, Milk 	<ol style="list-style-type: none"> Chicken Stars & Stripes, 3 Fresh Garden Salad Tropical Fruit, PB Chocolate Chip Cookie Milk Signature Pizza, Fresh Garden Salad Tropical Fruit, PB Chocolate Chip Cookie Milk Tuna on W/W, Tropical Fruit, PB Chocolate Chip Cookie, Milk
<p>6</p> <p>Labor Day No School</p>	<ol style="list-style-type: none"> Hamburger Sliders, 7 Oven Fries, Fresh Grapes Hummingbird Cake, Milk Tuna on W/W, Oven Fries, Fresh Grapes Hummingbird Cake, Milk Chef Salad Fresh Grapes, Hummingbird Cake, Milk 	<p>It's CPD Day with Opa! 8</p> <ol style="list-style-type: none"> Chicken Patty Mashed Potatoes w/Gravy, Mixed Vegetables, Whole Grain Opa! Hot Roll, Milk Meatloaf Mashed Potatoes w/Gravy, Mixed Vegetables, Whole Grain Opa! Hot Roll, Milk Chef Salad Fresh Fruit, Whole Grain Opa! Hot Roll, Milk 	<ol style="list-style-type: none"> Spaghetti w/Italian Bread 9 Fresh Garden Salad Green Beans Fresh Fruit, Milk 3 Cheese Grilled Cheese, Fresh Garden Salad, Green Beans, Fresh Fruit, Milk Chef Salad Fresh Fruit, Italian Bread, Milk 	<ol style="list-style-type: none"> PBJ on Whole Wheat, 10 Fresh Garden Vegetables Missouri Apples Chocolate Cookie, Milk Pita Pizza, Fresh Garden vegetables Missouri Apples, Chocolate Cookie, Milk Chef Salad Fresh Missouri Apples Chocolate Cookie, Milk
<p>13</p> <p>BBQ Rib Pasta Salad, Fresh Apple Salad, Cowboy Cookie, Milk</p> <p>Late Start</p>	<p>It's Taco Tuesday! 14</p> <ol style="list-style-type: none"> Taco's, Fresh Garden Salad Melon Wedges Whipped Jello Tuna Salad on W/W, Fresh Garden Salad Melon Wedges Whipped Jello, Milk Chef Salad w/ Italian Bread Fresh Melon Wedges Whipped Jello, Milk 	<p>It's CPD with Opa! 15</p> <ol style="list-style-type: none"> Chicken Patty Mashed Potatoes w/Gravy Peas and Carrots, Whole Grain Hot Roll, Milk Turkey Mashed Potatoes w/Gravy, Peas and Carrots, Whole Grain Hot Roll, Milk Chef Salad Fresh Watermelon Whole Grain Hot Roll, Milk 	<p>Breakfast for Lunch 16</p> <ol style="list-style-type: none"> French Toast Sticks Sausage, Tater Tots, Melon Wedges, Milk Biscuits and Gravy Sausage, Tater Tots Melon Wedges, Milk Chef Salad, Fresh Melon Wedges Pumpkin Muffin Milk 	<ol style="list-style-type: none"> Whole Grain Pizza, 17 Fresh Garden Salad Fresh Grapes, Monster Cookie, Milk All American Hot Dog, Fresh Garden Salad Fresh Grapes, Monster Cookie, Milk Chef Salad, Fresh Grapes, Monster Cookie, Milk
<p>20</p> <p>Chicken Sticks, Seasoned Oven Fries Fresh Melon, Rainbow Cake, Milk</p> <p>Late Start</p>	<p>21</p> <ol style="list-style-type: none"> Sloppy Joe, 21 Fresh Garden Salad, Fresh Missouri Apples, Jello, Milk Chicken & Cheese Quesadilla, Fresh Garden Salad, Fresh Missouri Apples, Jello, Milk Tuna Salad on W/W, Fresh Missouri Apples, Jello, Milk 	<p>It's CPD with Opa! 22</p> <ol style="list-style-type: none"> Chicken Patty Mashed Potatoes w/Gravy, Green Beans, Whole Grain Hot Roll, Milk Salisbury Steak Mashed Potatoes w/Gravy, Green Beans, Whole Grain Hot Roll, Milk Chef Salad, Chilled Fruit, Whole Grain Hot Rolls, Milk 	<ol style="list-style-type: none"> Pizza Pasta Bake 23 Fresh Garden Salad Fresh Apple Slices Fruit Crisp, Milk Mozzarella Dunkers Fresh Garden Salad Fresh Apple Slices Fruit Crisp, Milk Chef Salad Whole Grain Hot Roll, Fresh Apple Slices, Fruit Crisp, Milk 	<p>24</p> <p>Homecoming! Early Out "Spartan Spirt Sack" PB&J w/ Yogurt, Fresh Garden Veggies Fresh Grapes, Chocolate Cookie, Milk</p>
<p>27</p> <p>Hamburger Crunchy Garden Vegetables Fresh Apple Slices Amish Sugar Cookie, Milk</p> <p>Late Start</p>	<p>28</p> <ol style="list-style-type: none"> Super Nacho's, 28 Fresh Garden Salad, Chilled Melon, PB Chocolate Chip Cookie, Milk Stromboli, Fresh Garden Salad, Chilled Melon, PB Chocolate Chip Cookie, Milk Chef Salad Chilled Melon, PB Chocolate Chip Cookie, Milk 	<p>29</p> <ol style="list-style-type: none"> Chicken Patty Mashed Potatoes w/Gravy Mixed Vegetables Whole Grain Opa! Hot Roll, Milk BBQ Meatloaf Mashed Potatoes w/Gravy Mixed Vegetables Whole Grain Opa! Hot Roll, Milk Chef Salad, Chilled Tropical Fruit Whole Grain Opa! Hot Roll, Milk 	<p>30</p> <ol style="list-style-type: none"> Chicken Fries, 30 Oven Fries, Fresh Pears Brownie, Milk Tuna on W/W, Oven Fries Fresh Pears Brownie, Milk Chef Salad Fresh Pears Brownie, Milk 	<p>Spartans: Did You Start Your Day The Opa! Way With A Healthy Breakfast?</p>

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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

