

Breakfast \$1.15  
Extra Milk 60¢

**SEPTEMBER 2010**  
**SANDWICH SCHOOL DISTRICT 430**  
**WOODBURY ELEMENTARY**  
**BREAKFAST MENU**



We're thinking green, are you ?

*September is  
National  
Breakfast  
Month.*  
Your body  
needs the  
energy to start  
your day. Get  
in the breakfast  
habit today!

Questions about  
the menu?  
Call 815-786-8881  
A comprehensive  
Nutrition &  
Allergy Guide is  
available in the  
Food Service  
Office.  
Fun food web-site  
[www.smallstep.gov](http://www.smallstep.gov)

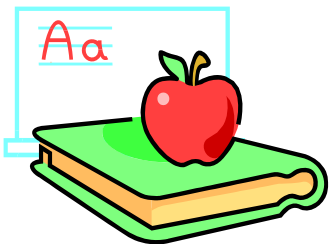
Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> ASSORTED CEREAL GOLDFISH GRAHAMS 100% APPLE JUICE  MILK	<b>2</b> WHOLE WHEAT BANANA LOAF GRAHAM CRACKERS 100% FRUIT JUICE MILK	<b>3</b> ASSORTED CEREAL WHOLE WHEAT GRAHAMS 100% APPLE/CHERRY JUICE MILK
<b>6</b>  <b>LABOR DAY</b>	<b>7</b> STRING CHEESE GOLDFISH PRETZELS 100% FRUIT JUICE  MILK	<b>8</b> ASSORTED CEREAL GRAHAMS CRACKERS 100% APPLE JUICE  MILK	<b>9</b> STRAWBERRY/BANANA YOGURT WHOLE WHEAT CRACKERS 100% FRUIT JUICE	<b>10</b>  <i>NO SCHOOL</i>
<b>13</b> ASSORTED CEREAL WHOLE WHEAT CRACKERS 100% APPLE/CHERRY JUICE  MILK	<b>14</b> BAGEL w/Cream Cheese GOLDFISH PRETZELS 100% FRUIT JUICE  MILK	<b>15</b> ASSORTED CEREAL GRAHAM CRACKERS 100% APPLE JUICE  MILK	<b>16</b> WHOLE WHEAT BLUEBERRY LOAF GRAHAM CRACKERS 100% FRUIT JUICE MILK	<b>17</b> ASSORTED CEREAL WHOLE WHEAT GRAHAMS 100% APPLE JUICE  MILK
<b>20</b> WATERMELON YOGURT GRAHAM CRACKERS 100% APPLE JUICE  MILK	<b>21</b> ASSORTED CEREAL WHOLE WHEAT CRACKERS 100% FRUIT JUICE  MILK	<b>22</b> STRING CHEESE GOLDFISH PRETZELS 100% APPLE/CHERRY JUICE  MILK	<b>23</b> ASSORTED CEREAL GRAHAM CRACKERS 1/2 FRESH BANANA  MILK	<b>24</b> WHOLE WHEAT BANANA LOAF GRAHAM CRACKERS 100% APPLE JUICE MILK
<b>27</b> ASSORTED CEREAL GOLDFISH GRAHAMS 100% APPLE/CHERRY JUICE  MILK	<b>28</b> STRAWBERRY/BANANA YOGURT GRAHAM CRACKERS 100% APPLE JUICE MILK	<b>29</b> ASSORTED CEREAL WHOLE WHEAT CRACKERS 100% FRUIT JUICE  MILK	<b>30</b> BAGEL w/Cream Cheese GRAHAM CRACKERS 100% APPLE JUICE  MILK	

Milk Variety Served Daily

\*\* Please Note \*\*

\* Contains Pork

Menu changes may be necessary. Notice will be given when possible.



Lunch \$2.40  
 Extra Milk 60¢  
 Lunch includes the daily  
 entrée, fruit /veggies,  
 bread & milk

# SEPTEMBER 2010

## SANDWICH SCHOOL DISTRICT 430

### WOODBURY ELEMENTARY

#### LUNCH MENU



We're thinking green, are you ?

**Available daily as an alternate choice:**

**Low Fat Submarine  
 Or  
 Student Salad**

**Make choices for a healthy lifestyle!**

- Eat a variety of food
- Eat more fruits, vegetables, & grains
- Eat lower fat foods more often
- Get your calcium rich foods
- Be physically active

Questions about the menu?  
 Call 815-786-8881

A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.  
 Fun food web-site  
[www.smallstep.gov](http://www.smallstep.gov)

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> SPAGHETTI w/Meat Sauce & Garlic Bread OR CHEESEBURGER SEASONED GREEN BEANS CHILLED APPLESAUCE	<b>2</b> CHICKEN SANDWICH OR FISH STICKS w/Whole Grain Roll SLICED CARROTS 100% FRUIT JUICE PUNCH	<b>3</b> PIZZA DIPPERS w/Red Sauce OR *HOT HAM & CHEESE SANDWICH GARDEN PEAS FRESH APPLE WEDGES
<b>6</b>  <b>LABOR DAY</b>	<b>7</b> MINI CORN DOGS OR CREAMY MACARONI & CHEESE w/Whole Grain Roll SEASONED GREEN BEANS DICED PEACHES CHOCOLATE PUDDING	<b>8</b> BEEF TACO PIE w/Shredded Cheese & Salsa OR HAMBURGER SHREDDED LETTUCE CHILLED APPLESAUCE	<b>9</b> PIZZA BURGERS OR CHICKEN SANDWICH FRESH BABY CARROTS w/Dressing 100% APPLE/CHERRY JUICE	<b>10</b>  <b>NO SCHOOL</b>
<b>13</b> *FRENCH TOAST STICKS w/Syrup & Ham Slice OR CHICKEN NUGGETS FRESH ORANGE SMILES CHILLED APPLESAUCE	<b>14</b> CHICKEN FAJITA w/Shredded Cheese & Salsa OR TURKEY WRAP SHREDDED LETTUCE SLICED CARROTS	<b>15</b> HOT DOG OR CHEESEBURGER SEASONED GREEN BEANS DICED PEACHES CHOCOLATE CHIP COOKIE	<b>16</b> BBQ BEEF SANDWICH OR GRILLED CHEESE SANDWICH POTATO WEDGES FRESH ORANGE SMILES	<b>17</b> TONY'S CHEESE PIZZA OR FISH STICKS GARDEN SALAD w/Dressing WHOLE KERNEL CORN
<b>20</b> CHICKEN NUGGETS w/Breadsticks OR HAMBURGER *BAKED BEANS DICED PEACHES	<b>21</b> TOASTED CHEESE SANDWICH OR *BBQ RIB SANDWICH TOMATO SOUP SWEET PEARS	<b>22</b> BEEF & CHEESE BURRITO w/Shredded Cheese & Salsa OR TURKEY WRAP SHREDDED LETTUCE MEXICAN CORN	<b>23</b> MEATBALL BOMBER w/Red Sauce & Mozzarella Cheese OR CHICKEN SANDWICH SEASONED GREEN BEANS CHILLED APPLESAUCE	<b>24</b> PIZZA DIPPERS w/Red Sauce OR CHEESEBURGER GARDEN PEAS FRESH ORANGE SMILES
<b>27</b> *FLUFFY PANCAKES w/Syrup & Sausage OR BUFFALO CHICKEN SANDWICH POTATO ROUNDS FRESH APPLE SLICES	<b>28</b> MINI CORN DOGS w/Whole Grain Roll OR HAMBURGER WHIPPED POTATOES 100% FRUIT JUICE PUNCH SMART COOKIES	<b>29</b> BBQ CHICKEN SANDWICH OR *CHEESY PASTA w/Ham SLICED CARROTS SWEET PEARS	<b>30</b> NACHO SUPREME w/Taco Meat & Shredded Cheese OR TURKEY & CHEESE WRAP SHREDDED LETTUCE WHOLE KERNEL CORN	

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