

Menu

MARY H. WRIGHT & CLEVELAND ELEMENTARY SCHOOLS BREAKFAST MENU AUGUST 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast Pizza Assorted Cold Cereal Grits Assorted Fruit Juice Milk	3 Whole Grain Chicken Biscuit Assorted Cold Cereal Baked Tater Tots Applesauce Milk	4 Scrambled Eggs with Whole Wheat Toast Assorted Cold Cereal Cheesy Grits Assorted Fruit Juice Milk	5 Whole Grain Toasted Ham & Cheese Assorted Cold Cereal Cinnamon Brown Sugar Oatmeal Assorted Fruit Juice Milk	6 Whole Grain Sausage Biscuit Assorted Cold Cereal Grits Assorted Fruit Juice Milk
9 French Toast Sticks Assorted Cold Cereal Grits Assorted Fruit Juice Milk	10 Breakfast Pizza Assorted Cold Cereal Baked Tater Tots Mandarin Oranges Milk	11 Whole Grain Chicken Biscuit Assorted Cold Cereal Baked Tater Tots Assorted Fruit Juice Milk	12 Scrambled Eggs with Whole Wheat Toast Assorted Cold Cereal Cheesy Grits Assorted Fruit Juice Milk	13 Whole Grain Biscuit & Gravy Assorted Cold Cereal Baked Tater Tots Assorted Fruit Juice Milk
16 Breakfast Pizza Assorted Cold Cereal Cinnamon Brown Sugar Oatmeal Assorted Fruit Juice Milk	17 Whole Grain Chicken Biscuit Assorted Cold Cereal Baked Tater Tots Assorted Fruit Juice Milk	18 French Toast Sticks/Sausage Assorted Cold Cereal Scrambled Eggs Mandarin Oranges Milk	19 Whole Grain Biscuit & Gravy Assorted Cold Cereal Baked Tater Tots Assorted Fruit Juice Milk	20 Whole Grain Sausage Biscuit Assorted Cold Cereal Grits Assorted Fruit Juice Milk
23 Whole Grain Toasted Ham & Cheese Assorted Cold Cereal Cinnamon Brown Sugar Oatmeal Chilled Pears Milk	24 Scrambled Eggs with Whole Wheat Toast Assorted Cold Cereal Cheese Grits Assorted Fruit Juice Milk	25 Pancakes/Syrup with Sausage Assorted Cold Cereal Baked Tater Tots Assorted Fruit Juice Milk	26 Whole Grain Egg & Cheese Biscuit Assorted Cold Cereal Grits Assorted Fruit Juice Milk	27 Whole Grain Biscuit & Gravy Assorted Cold Cereal Potato Triangles Assorted Fruit Juice Milk
30 Breakfast Pizza Assorted Cold Cereal Grits Assorted Fruit Juice Milk	31 Whole Grain Chicken Biscuit Assorted Cold Cereal Baked Tater Tots Applesauce Milk			

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Menu

MARY H. WRIGHT & CLEVELAND ELEMENTARY SCHOOLS LUNCH MENU AUGUST 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pulled BBQ Pork/Whole Grain Hot Dog/Chili/Whole Grain Chicken Strip Salad Baked Tater Tots Cole Slaw Baked Beans Watermelon or Pineapple	3 Cheesy Chicken/Brown Rice Hamburger/Whole Grain Bun Turkey & Cheese Panini Crispy Garden Salad Steamed Broccoli Whole Kernel Corn Rosy Applesauce	4 Roast Pork/Cornbread Baked Corn Dog Fruit Salad/Yogurt Local Baked Sweet Potato Steamed Local Cabbage Black Eyed Peas Peach Crisp	5 Vegetable Lasagna Chicken Nuggets with Whole Grain Roll Taco Chef Salad Vegetable Medley Mashed Potatoes/Gravy Crispy Tossed Salad Pineapple Cup	6 Soft Chicken Tacos Cheesy Nachos/Beef Turkey & Cheese Chef Salad Mexican Corn Sliced Lettuce & Tomato Pinto Beans Petite Banana
9 Whole Grain Dbl Stuffed Pizza Broccoli Stuffed Baked Potato Chicken Strip Salad Fresh Spinach Salad Pasta Salad with Vegetables Whole Kernel Corn Fresh Apple	10 Meatloaf/Cornbread Hot Dog/Chili/Whole Grain Turkey Chef Salad Quick Baked Potatoes Turnip Greens Fresh Red Grapes Strawberries & Bananas	11 Chicken Pot Pie BBQ Pork Riblet/Whole Grain Tuna Salad Plate/Crackers Scalloped Potatoes Glazed Carrots Crispy Tossed Salad Baked Apples	12 Roast Turkey/Whole Wheat Roll Chicken Filet/Whole Grain Bun Fruit Salad/Yogurt Mashed Potatoes/Gravy Green Peas Marinated Tomatoes/Cucumber Fresh Orange Smiles	13 Chicken Nuggets with Whole Grain Roll Toasted Ham & Cheese Chicken Fajita Salad Baked Tater Tots Green Beans Broccoli Florets Rosy Applesauce
16 Meatloaf with Cornbread Hamburger/Whole Grain Bun Chicken Salad Plate/Crackers Baked Beans Sliced Tomato & Lettuce Oven Baked Fries Fresh Red Grapes	17 Salisbury Steak with Whole Wheat Roll Cheese Sticks/Marinara Tuna Salad Plate/Crackers Mashed Potatoes/Brown Gravy Marinated Tomato/Cucumber Black Eyed Peas Chilled Peaches	18 Baked Chicken with Brown Rice Baked Corn Dog Turkey Chef Salad Local Baked Sweet Potato Steamed Local Cabbage Baked Apples Fresh Orange Smiles	19 Whole Grain Spaghetti/Italian Meatsauce & Whole Wheat Garlic Sticks Grilled Chicken Sandwich Ham Chef Salad Crispy Garden Salad Ranch Potatoes Steamed Broccoli Pineapple Cup	20 Brown Sugar Glazed Ham with Whole Wheat Roll Whole Grain Baby Sub Wrap Chicken Strip Salad Macaroni & Cheese Glazed Carrots Green Beans Peach Crisp Fresh Watermelon or Pineapple
23 Whole Grain BBQ Pork Riblet Whole Grain Cheese Pizza Fruit Salad with Yogurt Cole Slaw Baked French Fries Glazed Carrots Fresh Petite Banana	24 Lasagna with Garlic Bread Whole Grain Cheese Sticks Turkey Stacker Fresh Spinach Salad Baby Carrots/Broccoli Cup Steamed Broccoli Fresh Cantaloupe	25 Mandarin Orange Chicken Salad/Oriental Fried Rice Whole Grain Chicken Filet Ham & Cheese Chef Salad Ranch Potatoes Green Peas Pineapple Quick Crisp Fresh Apple	26 Whole Grain Beef Taco Chicken Fajitas Chicken Strip Salad Black Bean & Corn Salad Pinto Beans Crispy Wild Green Salad Orange Smiles	27 Chicken Tenders with Whole Wheat Roll Whole Grain Sloppy Joe Turkey Chef Salad Mashed Potatoes/Gravy Green Beans Chilled Peaches Pears
30 BBQ Pork on Whole Grain Bun Hot Dog/Chili on Whole Grain Chicken Strip Salad Baked Tater Tots Cole Slaw Baked Beans Watermelon or Pineapple	31 Cheesy Chicken & Brown Rice Hamburger/Whole Grain Bun Whole Grain Turkey Panini Crispy Garden Salad Steamed Broccoli Whole Kernal Corn Rosy Applesauce			

