



# September 2010

Cicero Public Schools



4-12 TRADITIONAL

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <b>APPLE MONTH</b>   |   |  |  |  |
|  |   |  |  |  |
| 6  | 7   | 8  | 9  | 10   |
|  |   | <b>MEATBALL SUB</b><br><b>BAKED CHICKEN NUGGETS (WHOLE GRAIN)</b><br>Corn & Carrots<br>Pear Cup<br>Hot Dog Bun<br>Wheat Bread    | <b>CRISPY CHICKEN FILLET (WHOLE GRAIN)</b><br><b>CHEESEBURGER</b><br>Salad Bar Selections<br>Hamburger Bun<br>Honey Wheat Pretzels (Whole Grain) | <b>PIZZA DIPPERS</b><br>Marinara Dipping Cup<br><b>CRISPY CHICKEN PATTY</b><br>Hamburger Bun<br>Romaine Lettuce<br>Mixed Fruit Cup<br>Lemon Muffin                     |
| 13   | 14  | 15   | 16   | 17   |
| <b>MINI CORN DOGS</b><br><b>CHEESE PISA PIZZA</b><br>Potato Fun Shapes<br>Grape Frozen Juice Bar   | <b>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN)</b><br><b>JUMBO BEEF HOT DOG</b><br>Salad Bar Selections<br>Hamburger Bun<br>Hot Dog Bun<br>Double Fudge Cookie                 | <b>CREAMY MACARONI &amp; CHEESE</b><br><b>BAKED CHICKEN NUGGETS (WHOLE GRAIN)</b><br>Broccoli<br>Fresh Banana<br>Soft Breadstick | <b>WHOLE WHEAT PEPPERONI PIZZA</b><br><b>HAMBURGER</b><br>Salad Bar Selections<br>Hamburger Bun<br>Mini Pretzels                                 | <b>CRISPY CHICKEN TENDERS (WHOLE GRAIN)</b><br><b>MEATBALL SUB W/TOMATO SAUCE</b><br>French Fries<br>Fresh Pear<br>Wheat Bread<br>Hot Dog Bun<br>Chocolate Chip Cookie |
| 20   | 21  | 22   | 23   | 24   |
| <b>TEX MEX TURKEY RICE BOWL</b><br><b>CHEESE PISA PIZZA</b><br>Pineapple Cup<br>Blue Raspberry Frozen Juice Bar<br>Tortilla Rounds (Whole Grain) | <b>HAMBURGER</b><br><b>JUMBO BEEF HOT DOG</b><br>Potato Fun Shapes<br>Salad Bar Selections<br>Hamburger Bun<br>Hot Dog Bun<br><b>Apple Cinnamon Multigrain Mini Crisp</b> | <b>LOW FAT TOASTED CHEESE ON WHEAT BREAD</b><br>Blended Fruit Juice<br><b>Fresh Apple</b><br>Original Goldfish Cracker           | <b>POPCORN CHICKEN</b><br><b>CHEESEBURGER</b><br>Potato Stix<br>Salad Bar Selections<br>Corn Muffin<br>Hamburger Bun                             | <b>BEEF SAUSAGE PISA PIZZA</b><br><b>CRISPY CHICKEN PATTY</b><br>Romaine Lettuce<br>Peach Cup<br>Hamburger Bun<br>Mini Pretzels  |
| 27   | 28  | 29   | 30   |  |
| <b>BEEF GYRO SLICES</b><br><b>CHEESE PISA PIZZA</b><br>French Fries<br>Cherry Frozen Juice Bar<br>Pita Bread                                     | <b>CHICKEN DIPPERS (WHOLE GRAIN) W/TOMATO PARMESAN SAUCE</b><br><b>HOT DOG AND FRENCH FRIES</b><br>Salad Bar Selections<br>Garlic Bread<br>Hot Dog Bun                    | <b>JUMBO BEEF HOT DOG</b><br><b>BAKED CHICKEN NUGGETS (WHOLE GRAIN)</b><br>Potato Fun Shapes<br>Hot Dog Bun<br>PopCorners        | <b>WHOLE WHEAT CHEESE PIZZA</b><br><b>HAMBURGER</b><br>Salad Bar Selections<br>Hamburger Bun<br>Double Fudge Cookie                              |  |

\*\*\*ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.

\*\*\*MENU SUBJECT TO CHANGE.



The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a discrimination complaint, write USDA, Director Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer. Preferred Meal Systems does not purchase or produce harmful products containing artificial trans fat. However, some products such as beef & cheese contain naturally occurring trans fat which is not harmful.