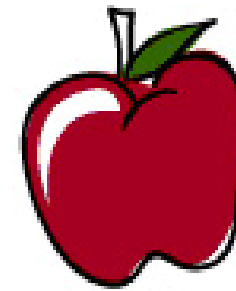


Deposit Middle & High School

Lunch Menu September 2007



Rock • on • Cafe

It's Smart - It's Cool - It's Healthy

Spare Poor Piggy

You don't have to break the bank to enjoy a great meal with us. We beg you - **LET THE PIG LIVE!**



We provide free and reduced-price meals (\$.25 for breakfast, \$.25 for lunch) for eligible students. Please call your school for details.

Breakfast
\$1.00
Lunch
\$1.85

Monday, Sept. 10

Breakfast
Waffle w/Sausage
Low Fat Milk

Lunch
Hot Dog on a Bun
Baked Beans
Baby Carrots w/Dip
Low Fat Milk

Tuesday, Sept. 11

Breakfast
Pancakes w/Sausage
Low Fat Milk

Lunch
Brunch at Lunch!
French Toast Sticks / Sausage
Hash Brown Pattie
Assorted Fruit
Low Fat Milk

Wed., Sept. 12

Breakfast
French Toast Sticks
With Sausage
Low Fat Milk

Lunch
Ham & Cheese Pretzel
Sandwich
Fresh Veggies w/Dip
Assorted Fruit
Low Fat Milk

Thurs., Sept. 13

Breakfast
Pizza Pocket
Low Fat Milk

Lunch
Crispy Chicken Sandwich
Rice
Green Beans
Assorted Fruit
Low Fat Milk

Friday, Sept. 14

Breakfast
Ham, Egg & Cheese
On English Muffin
Low Fat Milk

Lunch
French Bread Pizza
Pasta Salad
Green Beans
Assorted Fruit
Low Fat Milk

Wed., Sept. 5

Breakfast
Welcome Back!
Chocolate Chip Muffin
Low Fat Milk

Lunch
Cheeseburger on a Bun
Mixed Veggies
Potato Wedges
Assorted Fruit
Low Fat Milk

Thurs., Sept. 6

Breakfast
Pancakes w/Sausage
Low Fat Milk

Lunch
Chicken Nuggets w/Dipping
Sauce / Seasoned Rice
Baby Carrots w/Ranch Dip
Assorted Fruit
Low Fat Milk

Friday, Sept. 7

Breakfast
Egg & Cheese on a Bagel
Low Fat Milk

Lunch
Stuffed Crust Pizza
Tossed Salad
Assorted Fruit
Low Fat Milk

AVAILABLE DAILY!

Mon: Pepperoni Roll
Tues: Ham Sub
Wed: Dunkin Sticks
Thurs: Turkey Sub
Fri: Pepperoni Roll

BREAKFAST

Choice of:
Fresh Fruit
Canned Fruit
100% Fruit Juice

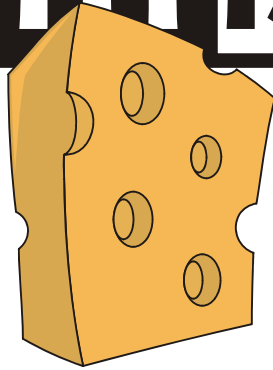


Now featuring new salads on the following dates !

9/5—9/7: Fajita Chicken Salad
9/10—9/14: Chicken Caesar Salad
9/17—9/21: Popcorn Chicken Salad
9/24—9/28: Chef Salad

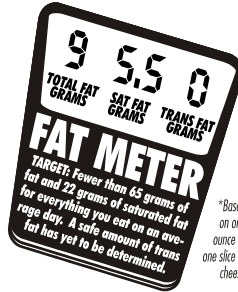
FIT FAT

WANNA STAY FIT?
FIGHT THE FAT!



ITEM: Cheese
VERDICT: Fat-tastic!

TIP: Cheese is almost entirely fat. So if you like cheese, eat it once in awhile instead of every day, cut back on portions, or try lower-fat versions. An ounce of cheese is not very much at all – four slices all by themselves add up to a full day's worth of saturated fat.



*Based on one ounce or one slice of cheese

VEGETABLE

Zucchini

Zucchini is the familiar green summer squash. These veggies are 95% water, so they are very low in calories. They're excellent sliced thick and grilled with a little olive oil.

OF THE MONTH

Important Information....

Reminder...
New Free/Reduced lunch applications must be returned By September 7, 2007

Submit your new application as soon as possible to avoid interruption in coverage

Questions? Call 766-3926

Purchasing Meals

Why send in lunch money when you can use your credit card to pay for meals.

Simply go to www.tbocesfs.org, click on your home school logo, then click on MyNutrikids.com and follow the directions.

Receive one BONUS meal with every \$25.00 prepayment purchase made online only....

It's Fast and Easy !!

Monday, Sept. 17

Breakfast
Breakfast Pizza
Low Fat Milk

Lunch

Pop fly Chicken Poppers
Dipping Sauce
Tossed Salad
Fresh Fruit
Dinner Roll
Low Fat Milk



Tuesday, Sept. 18

Breakfast
Sausage, Egg & Cheese
On English Muffin
Low Fat Milk

Lunch

Tacos w/Soft Shell
Baked Beans
Corn
Assorted Fruit
Low Fat Milk

Wed., Sept. 19

Breakfast
Waffle w/Sausage
Low Fat Milk

Lunch

Toasted Cheese Sandwich
Tomato Soup
Fresh Broccoli w/Dip
Applesauce
Low Fat Milk

Thurs., Sept. 20

Breakfast
Pancakes w/Sausage
Low Fat Milk

Lunch

Pasta with Meat Sauce
Italian Bread
Tossed Salad
Apple
Sherbet Cup
Low Fat Milk

Friday, Sept. 21

Breakfast
Egg & Cheese
On English Muffin

Lunch

Personal Pan Pizza
Veggies w/Dip
Assorted Fruit
Low Fat Milk

Monday, Sept. 24

Breakfast
French Toast Sticks
Low Fat Milk

Lunch

Cheeseburger on a Bun
Mashed Potatoes
Corn
Assorted Fruit
Low Fat Milk

Tuesday, Sept. 25

Breakfast
Pancakes w/Sausage
Low Fat Milk

Lunch

Crispy Chicken Sandwich
Mixed Veggies
Assorted Fruit
100% Fruit Juice
Low Fat Milk

Wed., Sept. 26

Breakfast
Blueberry Waffle w/Sausage
Low Fat Milk

Lunch

Homerun Meatball Sub
Applesauce
Broccoli & Bacon
Bits
Salad
Iced Juicce
Low Fat Milk



Thurs., Sept. 27

Breakfast
Breakfast Pizza
Low Fat Milk

Lunch

Chicken Stir Fry w/Rice
Orange Slices
Roll
Fortune Cookie
Low Fat Milk

Friday, Sept. 28

Breakfast
Ham, Egg & Cheese
On English Muffin
Low Fat Milk

Lunch

Stuffed Crust Pizza
Carrots w/Dip
Assorted Fruit
Low Fat Milk