



Budlong Lunch : September 2011

Full Student Lunch Includes Choice of Entrée (Protein w/ Grain/Bread Accompaniment(s)), Two (2) Vegetable/Fruit Side Dishes, and Choice of Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NO CLASSES</p> <p>LABOR DAY</p> <p>5</p> <p>Choose One Baked Chicken Nuggets w/ a *Dinner Roll <i>Toasted Cheese Pizza *Bagel (meatless)</i> Turkey Salad in a Pita Southwest Corn & Black Bean Salad w/ Crackers (meatless)</p> <p>Choose Two Broccoli Assorted Fresh Fruit & Cupped Fruit</p>	<p>6</p> <p>Choose One *Chicken Fajitas w/ Green Peppers & Onions Bean Burrito w/ Cheese & Salsa (meatless) Hummus, Crackers, and Fresh Veggie Combo (meatless) BBQ Chicken Salad w/ Crackers</p> <p>Choose Two Corn & Carrots Assorted Fresh Fruit & Cupped Fruit</p>	<p>7</p> <p>Choose One *Cheese Pizza (meatless) *Turkey Sausage Pizza Italian *Sub Tuna Chef Salad w/ Crackers (meatless)</p> <p>Choose Two Green Beans Assorted Fresh Fruit & Cupped Fruit Complimentary Lemon Pound Cake</p>	<p>8</p> <p>Choose One Sloppy Joe on a *Bun *Toasted Cheese Sandwich (meatless) *Turkey & Cheese Sandwich Western Chef Salad w/ a *Tortilla (meatless)</p> <p>Choose Two Tossed Spinach Salad Mixed Vegetables Assorted Fresh Fruit & Cupped Fruit</p>	<p>9</p>
<p>12</p> <p>Choose One Beef Taco Salad w/ Lettuce & Tomato over *Corn Chips Cheesy Taco Salad w/ Lettuce & Tomato over *Corn Chips (meatless) Turkey Ham & Cheese on a *Bun Garden Veggie Chef Salad w/ a *Dinner Roll (meatless)</p> <p>Choose Two Southwest Black Beans Corn Assorted Fresh Fruit & Cupped Fruit</p>	<p>13</p> <p>Choose One Fish Sticks w/ *Veggie Brown Rice *Cheese Quesadilla w/ Salsa (meatless) *Peanut Butter & Jelly Sandwich (meatless)(contains nuts) Cobb Chef Salad w/ Croutons</p> <p>Choose Two <i>Tossed Romaine Salad</i> Zucchini Assorted Fresh Fruit & Cupped Fruit</p>	<p>14</p> <p>Choose One *Cheese Pizza (meatless) *Turkey Sausage Pizza Roasted Veggie *Wrap (meatless) <i>Breaded Chicken Caesar Salad w/ Croutons</i></p> <p>Choose Two Peas & Carrots Assorted Fresh Fruit & Cupped Fruit</p>	<p>15</p> <p>Choose One Glazed Turkey Ham w/ *Dinner Roll *Toasted Cheese Sandwich (meatless) *Turkey Salami & Cheese Sandwich Popcorn Shrimp Chef Salad w/ *Dinner Roll (meatless)</p> <p>Choose Two Baked Sweet Potato Green Beans Assorted Fresh Fruit including Fresh Local Peaches & Cupped Fruit</p>	<p>16</p> <p>Choose One BBQ Baked Bone-In Chicken w/ *Brown Rice *Veggie Quesadilla w/ Salsa (meatless) Italian *Sub Hummus w/ Pita Chips (meatless)</p> <p>Choose Two Squash Assorted Fresh Fruit including Fresh Local Peaches & Cupped Fruit Complimentary Apple Bread (may contain traces of nuts)</p>
<p>19</p> <p>Choose One Turkey Pot Roast w/ *Dinner Roll Veggie Burger on a *Bun (meatless) Turkey & Cheese on a *Bun Garden Veggie Chef Salad w/ *Dinner Roll (meatless)</p> <p>Choose Two Broccoli Assorted Fresh Fruit including Fresh Local Peaches & Cupped Fruit</p>	<p>20</p> <p>Choose One *Baked Fish Tacos w/ Shredded Cabbage, Onion, & Cilantro (meatless) Egg & Cheese on a *Bun *Peanut Butter & Jelly Sandwich (meatless)(contains nuts) Buffalo Chicken Salad w/ Crackers</p> <p>Choose Two Corn & Carrots Assorted Fresh Fruit including Fresh Local Peaches & Cupped Fruit</p>	<p>21</p> <p>Choose One Hamburger on a *Bun *Toasted Cheese Sandwich (meatless) *Turkey Ham & Cheese Sandwich Tuna Chef Salad w/ Crackers (meatless)</p> <p>Choose Two Marinated 3 Bean Salad <i>Tossed Spinach Salad</i> Assorted Fresh Fruit including Fresh Local Peaches & Cupped Fruit</p>	<p>22</p> <p>Choose One *Cheese Pizza (meatless) *Turkey Sausage Pizza Turkey Salami & Cheese *Wrap Chicken Caesar Salad w/ Croutons</p> <p>Choose Two Green Beans Assorted Fresh Fruit including Fresh Local Peaches & Cupped Fruit</p>	<p>23</p> <p>NO CLASSES</p> <p>STAFF ONLY DAY</p>
<p>26</p> <p>Choose One *Italian Meatball Sub Bean Burrito w/ Cheese & Salsa (meatless) Turkey & Cheese *Wrap Fiesta Salad over *Corn Chips (meatless)</p> <p>Choose Two <i>Tossed Romaine Salad</i> Green Beans Assorted Fresh Fruit including Fresh Local Peaches & Cupped Fruit</p>	<p>27</p> <p>Choose One *Turkey Hot Dog *Santa Fe Quesadilla w/ Salsa (meatless) *Peanut Butter & Jelly Sandwich (meatless)(contains nuts) Cobb Chef Salad w/ Croutons</p> <p>Choose Two Vegetarian Baked Beans Zucchini Assorted Fresh Fruit including Fresh Local Peaches & Cupped Fruit</p>	<p>28</p> <p>Choose One *Cheese Pizza (meatless) *Turkey Sausage Pizza Turkey & Cheese on a *Bun BBQ Chicken Salad w/ *Dinner Roll</p> <p>Choose Two Peas & Carrots Assorted Fresh Fruit including Fresh Local Peaches & Cupped Fruit</p>	<p>29</p> <p>Choose One Baked Bone-In Chicken w/ *Dinner Roll Veggie Burger on a *Bun (meatless) *Turkey Salami & Cheese Sandwich Garden Veggie Chef Salad w/ Croutons (meatless)</p> <p>Choose Two Roasted Potatoes Seasoned Collard Greens Assorted Fresh Fruit including Fresh Local Peaches & Cupped Fruit</p>	<p>30</p> <p>Choose One Turkey Patty on a *Bun Toasted Cheese Pizza *Bagel (meatless) Italian *Sub Hummus w/ Pita Chips (meatless)</p> <p>Choose Two Mixed Vegetables Assorted Fresh Fruit & Cupped Fruit Complimentary Apple Bread (may contain traces of nuts)</p>

Students must choose a minimum of 3 food items from the 5 food items offered. Students may decline up to 2 food items.

Daily fresh fruit selection may include pears, bananas, oranges, and apples. Daily cupped fruit may include pears, peaches, applesauce, sliced apples, apricots, or mixed fruit. All meals are offered with a choice of milk. Milk choices include skim white, 1% white, or skim chocolate.

Schools with salad bars will not serve the entrée salad.

This Menu Meets the Healthier US School Challenge Gold Standard

WHOLE GRAINS: An asterisk (*) denotes items on our menu that contain whole grains. We recognize the positive impact whole grains can make on the health of children. We strive to serve at least one whole grain everyday.

LOCAL: Bolded fruits & vegetables indicate that they are locally sourced. This initiative is part of our continued commitment to the health & welfare of the students we serve. It is also an opportunity for us to contribute to the local community.

FOOD FOCUS: TOMATOES are an excellent source of vitamin C and a good source of vitamin A. They are members of the fruit family, but are served and prepared as one of the most popular "vegetables" in the USA! *Italicized* items on the menu contain tomatoes.



This institution is an equal opportunity provider. Food Service Provided by Chartwells Thompson Hospitality. Menu subject to change without notice. Questions? Please contact Bob Bloomer at (773) 722-4964.