

ESC REG IX

(1/4 RDA) : Grade K-12

021 - Newcastle L.S.D.

Grade 7-12 Breakfast

Pattern of 3 (1 milk, 1 group a, 1 group b)

Monday

~~Sept 14~~ **Sept 15**

Skim Chocolate Milk
Strawberry Flavor Milk
Unflavored Milk
Orange Juice
Apple Juice
Cocoa Puffs
Cereal Bowl
Cinnamon Toast
Crunch Cereal Bowl
Buttermilk Biscuit
Jennie-O Sausage Patt
Country Pepper Gravy
Assorted Jelly Cups

Tuesday

~~Sept 15~~ **16**

Skim Chocolate Milk
Strawberry Flavor Milk
Unflavored Milk
Orange Juice
Apple Juice
Smucker's Uncrustable
Peanut Butter/Grape
Baked Sausage Roll
Mustard packet
Ketchup packet

Wednesday

~~Sept 16~~ **17**

Skim Chocolate Milk
Strawberry Flavor Milk
Unflavored Milk
Orange Juice
Apple Juice
Cocoa Puffs
Cereal Bowl
Cinnamon Toast
Crunch Cereal Bowl
Tony's Sausage and
Cream Gravy Pizza

Thursday

~~Sept 17~~ **18**

Skim Chocolate Milk
Strawberry Flavor Milk
Unflavored Milk
Orange Juice
Apple Juice
Smucker's Uncrustable
Peanut Butter/Grape
Michael's Cinnamon
Glaze French Toast
Table Syrup Packet

Friday

~~Sept 18~~ **19**

Skim Chocolate Milk
Strawberry Flavor Milk
Unflavored Milk
Orange Juice
Apple Juice
Cocoa Puffs
Cereal Bowl
Cinnamon Toast
Crunch Cereal Bowl
Otis Spunkmeyer
Blueberry Muffin

ESC REG IX

(1/3 RDA) : Grade K-6

021 - Newcastle L.S.D.

Lunch Elementary School Pattern of 4 (1 Entree, 2 sidedishes, 1 milk)

Monday

~~Sept 14~~ **Sept 15**

Cheese Pizza
Seasoned Carrots
Smucker's Uncrustable
Peanut Butter/Grape
Celery Sticks with
Peanut Butter
Apple, Fresh
Orange, Fresh
Chocolate Pudding
Vanilla Pudding
Skim Chocolate Milk
Strawberry Flavor Milk
Unflavored Milk
Buttermilk Ranch
Dressing packet

Tuesday

~~Sept 15~~ **16**

Breaded Chicken
Tender Strips
Macaroni and Cheese
Smucker's Uncrustable
Peanut Butter/Grape
Lettuce and Tomato
Salad Bowl
Apple, Fresh
Orange, Fresh
Carnival Cookie RF
Skim Chocolate Milk
Strawberry Flavor Milk
Unflavored Milk
Ketchup packet

Wednesday

~~Sept 16~~ **17**

Cooked Spaghetti
Jennie O Turkey
Spaghetti Sauce
Smucker's Uncrustable
Peanut Butter/Grape
Fresh Carrot Sticks
with Ranch Packet
Apple, Fresh
Orange, Fresh
Peaches in Light Syrup
Pioneer Chocolate
Brownie
Skim Chocolate Milk
Strawberry Flavor Milk
Unflavored Milk
Buttermilk Ranch
Dressing packet

Thursday

~~Sept 17~~ **18**

Tyson Salisbury Steak
w/Season Brown Grav
Classic Scalloped
Potatoes
Seasoned Carrots
Smucker's Uncrustable
Peanut Butter/Grape
Apple, Fresh
Orange, Fresh
Pineapple, Canned
Apple Crisp
Skim Chocolate Milk
Strawberry Flavor Milk
Unflavored Milk

Friday

~~Sept 18~~ **19**

Jennie-O Breaded
White Turkey Patty
Hamburger Bun
American Cheese
Slice
Tater Tots
Smucker's Uncrustable
Peanut Butter/Grape
Salad Setup
Apple, Fresh
Orange, Fresh
Fruit Mix
Vanilla Ice Cream
Skim Chocolate Milk
Strawberry Flavor Milk
Unflavored Milk
Ketchup packet
Mustard packet
Buttermilk Ranch
Dressing packet

Week of Sept. 15-19, 2008