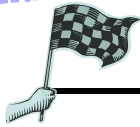


Race to Good Nutrition!



School City of Hammond Elementary Breakfast & Lunch Menu

AUGUST /
SEPTEMBER 2011



School Lunch... The Key to Good Nutrition!

Fuel up with
School Lunch!



	MON	TUE	WED	THU	FRI
1 Week	<p>Your're in the drivers seat... fuel up!</p> <p>* WG DENOTES WHOLE GRAIN PRODUCTS, WW WHOLE WHEAT</p>	<p>Check Fuel! Protein Pit!</p> <p>Veg-Up!</p> <p>Grain Lane</p>	<p>31</p> <p>Chicken Nuggets Sweet Potato Tots Mixed Vegetables Fruit Cocktail Juice Cup</p> <p><u>French Toast</u></p>	<p>1</p> <p>Chicken Fried Steak Mashed Potatoes w/ Gravy California Blend Vegetables Wheat Dinner Roll Diced Peaches Or Fresh Fruit in Season</p> <p><u>Breakfast Pizza</u></p>	<p>2</p> <p>WG Sausage Pizza Garden Salad Green Beans Banana Pudding</p> <p><u>Biscuits & Gravy w/ Turkey Sausage Patty</u></p>
2 Week	<p>NO SCHOOL</p> <p>Labor Day.</p>	<p>5</p> <p>Barbecue Rib on WG Bun Honey Bee Potatoes Winter Blend Vegetables Applesauce or Juice Cup</p> <p><u>Waffles</u></p>	<p>6</p> <p>7</p> <p>Spaghetti w/ Beef Or Alfredo Sauce Tossed Salad Italian Blend Vegetables Wheat French Bread Mango Sherbet</p> <p><u>Cheese Omelet, Bacon Strips & Toast</u></p>	<p>8</p> <p>Oven Fried Chicken Or Chicken Patty Mashed Potatoes w/ Gravy Peas Country Biscuit Peaches or Pears</p> <p><u>Breakfast Burrito</u></p>	<p>9</p> <p>Grilled Cheese on WG Bread Or WW PB&J Uncrustable Tomato Soup Celery & Carrot Sticks Low Fat Ranch Mixed Fresh Fruit Don't forget Grandparents Day Sept. 11</p> <p><u>Yogurt Cup & Muffin</u></p>
3 Week	<p>12</p> <p>Chicken Tenders Brown Rice Roasted Squash Or Diced Carrots Fruit Cocktail or Juice Cup</p> <p><u>Eggs Mini Maple Pancakes</u></p>	<p>13</p> <p>Taco Salad, Beef Or Cheesy Burrito Bake Lettuce Salad Tortilla Chips Steamed Corn Spanish Rice Pineapple Chunks or Fresh Fruit in Season</p> <p><u>Scrambled Eggs, Turkey Sausage, WG White Toast</u></p>	<p>14</p> <p>Mini Burgers Oven Fries Fresh Vegetables Low Fat Ranch Applesauce Or Diced Pears</p> <p><u>Breakfast Bagel</u></p>	<p>15</p> <p>Sliced Turkey or Meatloaf Mashed Potatoes w/ Gravy Steamed Broccoli WG Dinner Roll Sliced Peaches</p> <p><u>Breakfast Pizza</u></p>	<p>16</p> <p>Fish Sticks Reduced Fat Macaroni & Cheese Celery & Carrots Low Fat Ranch Oranges Wedges</p> <p><u>Piaget Stick</u></p>
4 Week	<p>19</p> <p>Sloppy Joe on or Pulled Pork On a WG Bun Tater Tots Baked Beans Fruit Cocktail Or Fruit Sherbet</p> <p><u>Snackin Waffle</u></p>	<p>20</p> <p>Spaghetti w/ Meat Sauce Or Beef Ravioli Tossed Salad Winter Blend Vegetables Warm Breadstick Chocolate Pudding</p> <p><u>Breakfast Skillet w/ Toast</u></p>	<p>21</p> <p>Turkey Deli or Chicken Sandwich on WG Bun Oven Potatoes Diced Carrots Or Collard Greens Fresh Fruit in Season Or Sliced Peaches</p> <p><u>Mini Cinnis w/ Turkey Sausage</u></p>	<p>22</p> <p>Italian Chicken Patty Or Salisbury Steak Au gratin Potatoes California Blend Vegetables Garlic Bread Apple Crisp</p> <p><u>Breakfast Pizza</u></p>	<p>23</p> <p>WG Pepperoni Pizza Mixed Greens Salad Green Beans Chocolate Chip Cookie</p> <p><u>Oatmeal w/ Rice Krispie Cereal Bar</u></p>
1 Week	<p>26</p> <p>Chicken Nuggets Sweet Potato Tots Mixed Vegetables Fruit Cocktail Or Apple Juice Johnny Appleseed Day! French Toast</p>	<p>27</p> <p>Beef Tacos Or Cheese Quesadilla Lettuce & Tomato Rice & Beans Pineapple Chunks</p> <p><u>Egg, Ham & Cheese on a Muffin</u></p>	<p>28</p> <p>Hamburger on WG Bun Or Turkey Corn dog Lettuce, Tomato & Pickle Baked Curly Fries Corn on the Cob Or Corn Fresh Fruit in Season</p> <p><u>Bagel w/ Cream Cheese</u></p>	<p>29</p> <p>Chicken Fried Steak Mashed Potatoes w/ Gravy California Blend Vegetables Wheat Dinner Roll Diced Peaches</p> <p><u>Breakfast Pizza</u></p>	<p>30</p> <p>WG Sausage Pizza Garden Salad Broccoli & Cauliflower Buds Low Fat Ranch Banana Pudding <u>Biscuits & Gravy w/ Turkey Sausage Patty</u></p>

Breakfast consists of entrée listed or assorted cold cereal and bread item. All breakfasts include a choice of 100 % fruit juice or fruit and choice of milk.

All meals include choice of ice cold milk!

M.M.M.MILK...
Always Refreshing
(1%, White, Chocolate, Strawberry and White Skim Milk)
Healthy Offerings

- * A variety of fresh fruit & vegetables
- * Canned fruit in natural or light syrup.
- * Light cheese and light salad dressing is offered.
- * Whole grain breads.
- * A variety of 1% milk & Skim offered daily.
- * All Breakfast cereals are whole grain.



ALTERNATIVE MEAL OFFERED EACH TUESDAY
YOGURT CUP, STRING CHEESE, FRESH FRUIT, BREAD ITEM AND CHOICE OF MILK OFFERED EACH TUESDAY IN PLACE OF REGULAR MENU.

Visit our Website!
<http://www.Hammond.k12.in.us> School Nutrition tab

To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY).