










ST JOSEPH SCHOOL MENU

SEPTEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
31 Cheeseburgers Baked Potato Puffs Corn	1  Steak & Cheese On Sub Roll Green Peas	2  Chicken Nuggets Carrots Baked Potato Wedges	3 Chicken Fajitas w/ All The Toppings Corn	4  Pepperoni & Plain Pizza Carrots
Weekly Alternates:	Turkey Sandwich (2) Peanut Butter & Jelly Fun Lunch (Saltines, Peanut Butter, Jelly, Fruit Punch) (3) Triple peanut butter & jelly or peanut butter marshmallow sandwich (4)			
7 NO SCHOOL	8 HOT DOGS ON A ROLL BAKED BEANS GREEN PEAS	9  BBQ Beef Patties On a Roll Green Beans	10  Grilled Cheese Tomato Soup	11  Pepperoni & Plain Pizza GOLDEN CORN
Weekly Alternates:	Ham & Cheese sandwich (2) Breadbeak™ fun lunch (Mini bagel with hard boiled egg & orange juice) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)			
14 Cheese Ravioli Dinner Roll Green Beans	15  Beef Nachos with Cheese, lettuce, Tomato, and Salsa	16 Bologna And Cheese on Deli Roll Carrots	17  Chicken Patty On A Roll Corn	18  Pepperoni & Plain Pizza Green beans
Weekly Alternates:	Tuna salad sandwich (2) Vegetarius™ fun lunch (Tortilla shells with shredded cheese & salsa) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)			
21 Meatball Subs Assorted Vegetables	22 Turkey Bacon Club Sandwich Pickles, Chips	23 Beef Tacos w/ All The Toppings Carrots	24 Sloppy Joes On a Roll Corn	25  Pepperoni & Plain Pizza GREEN PEAS
Weekly Alternates:	Italian sub (2) Pete's™ fun lunch (Mini bagels with shredded cheese & tomato sauce) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)			
28  Steak & Cheese On Sub Roll Green Peas	29  Whole Wheat French Toast Sticks Sausage, Tater Tots Maple syrup	30 Cheeseburgers Baked chips Green Peas	"Wellness" All Pizza Served in Elementary Schools is Whole Wheat Pizza	 INDICATES BALANCED CHOICE MEALS
Weekly Alternates:	Turkey Sandwich (2) Peanut Butter & Jelly Fun Lunch (Saltines, Peanut Butter, Jelly, Orange Juice) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)			

All meals are served with a choice of milk (low fat or low fat flavored) and fruit (fresh or canned.)

Extra servings of vegetables (excluding potatoes and potato products) and fruits are encouraged. Veggie sticks and/or tossed salad available daily

Student Lunch price: \$2.25 & \$2.00 Reduced meal price: \$0.40 Milk price: \$0.50 Adult meal price \$3.50

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**Fairhaven Elementary Schools
Breakfast
SEPTEMBER 2009**

If you have any questions, please call the Director of Dining Services:: 508-979-4051, Ext. 1002

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Daily Specials</i>				
Whole Wheat Pancakes Maple Syrup Fresh Fruits	Assorted Cereals And Whole Grain Cereal Bars Fresh Fruit	Egg, Ham, Cheese Sandwich on English Muffin Fresh fruits	Whole Wheat French Toast Sticks W/ Maple Syrup Fresh fruits	Whole Wheat Toasted Bagel Lite Cream Cheese Fresh fruits
<p><i>Daily alternates may include:</i></p> <p>Assorted ready-to-eat reduced sugar, whole grain cold cereals, muffins, or bagels, cereal bars Peanut butter cream cheese jelly</p> <p>MEAL PRICES PAID: \$1.50 REDUCED: .30</p>				

All meals are served with a choice of milk (1% low fat or low fat flavored) and a fruit (canned, fresh, or 4-ounce 100% juice)



Welcome to your "Brake for Breakfast" program. Remember to start your day off healthy by eating breakfast. It may even help you to do better with your schoolwork!

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