




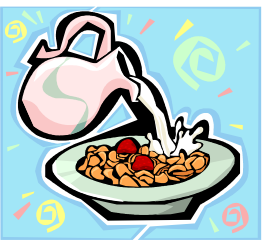
TRINITY CATHOLIC SCHOOL

SEPTEMBER, 2010

Lunch \$1.50 Reduced \$.25

Breakfast: Assorted Cereal, Orange or Apple Juice, 1% White, or Skim Milk
Served Daily 7:15-8:45
\$.85 Reduced \$.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7. Chicken Nuggets, Mashed Potatoes, Corn, Bread and Butter, Assorted Fresh Fruit or Peaches	8. Spaghetti with Meat or Alfredo Sauce, Green Beans Bread and Butter Assorted Fresh Fruit or Mandarin Oranges	9. Ham, Turkey or Bologna Sandwich, Slice Cheese, Lettuce, Tomatoes, Potato Chips, Brownie, Assorted Fresh Fruit	10. Hot Dog on a Roll, Box Mac and Cheese, Vegetarian Beans and Assorted Fruit
13. Cheese or Pepperoni and Cheese Pizza, Assorted Lettuce Salad, Fresh Fruit Assortment or Pineapple	14. Flame Broiled Burger/ Roll, Lettuce, Tomatoes, French Fries, Chocolate Chip Cookie, Assorted Fresh Fruit	15. Pancakes or Blueberry Pancakes, Sausage, Juice ,Assorted Fresh Fruit or Strawberries	16. Hard or Soft Taco's Meat (Chicken or Beef) Cheese, Lettuce , Tomatoes, Corn Assorted Fresh Fruit or Apricots	17. Grilled Cheese or Bologna Sub. Fresh Veggies with Dip, Herb Spirals, Assorted Fruit
20. Nacho's w/ Cheese Sauce or Mozzarella Cheese Sticks w/ Dipping Sauce, Assorted Lettuce Salad, Assorted Fresh Fruit or Applesauce	21. Tuna or Turkey Sandwich, Pasta Salad, Fresh Veggies w/ Dip Assorted Fresh Fruit or Pears	22. Italian Dunkers with Dipping Sauce, Lettuce Salad, Chocolate Cake, Assorted Fresh Fruit  Autumn begins	23. Chicken Patty w/ Roll, Rice Pilaf, Corn Assorted Fresh fruit or Mandarin Oranges	24. French Toast, Sausage, Juice and Assorted Fruit
27. Flame Broiled Burger w/ Roll, Oven Roasted Potatoes (NY Grown) Coleslaw (NY Grown), Assorted Fresh Fruit or Pineapple	28. 1/2 +1/2 Toasted Cheese (1/2 American 1/2 Mozzarella) Herb Spirals, Fresh Veggies and Dip (NY State Grown) Assorted Fresh Fruit or Peaches	29. Roast Turkey, Mashed Potatoes, Peas, Dinner Roll, Assorted Fresh Fruit, Pumpkin Bars w/ Topping (NY State Grown)	30. Butter Nut Squash Soup, Cheddar and Veggie or Cheese Quesadilla, Corn on Cob, Apples Today's Menu all NY State Grown	
 In season veggies: sweet corn, tomatoes and cucumbers.		In season fruits: cantaloupe, grapes, melons and pears.		



BREAKFAST

Monday: French Toast, Sausage

Tuesday: Assorted Muffins, Yogurt

Wednesday: Toast or Bagel w/ cream cheese, peanut butter and jelly

Thursday: Waffles, Fresh Fruit

Friday: Scrambled Eggs and English Muffins

1% White, 1% Chocolate Milk or Skim Milk

Peanut Butter and Jelly or Plain Peanut Butter Sandwich

Served Daily