



# OCTOBER 2009

## AES LUNCH MENU

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# LUNCH MENU 2009

	<p><b>Early Release Menu</b>  <b>Turkey &amp; Swiss Cheese Media Noche</b>  <b>Lettuce and Tomato</b>  <b>Choice of Fruit</b>  <b>Assorted Cookie</b>  <b>Variety of Milk</b></p>		<p>CHICKEN SANDWICH          BROCCOLI CREAM SOUP/CROUTONS          LETTUCE &amp; TOMATO          PEACH HALVES          VARIETY OF MILK          1</p>	<p>BEEF STEAK &amp; RICE          STEWED PINK BEANS          PEARS COLESLAW          FRUIT CUP          VARIETY OF MILK          2</p>
<p>MEXICAN TACOS          LETTUCE, TOMATO, CHEESE          BAKED WEDGE POTATOES          WATERMELON          CINNAMON ROLLS          VARIETY OF MILK          5</p>	<p>BAKED CHICKEN/FLUFFY RICE OR          THICK VEG SOUP/ STEWED RK BEANS          LETTUCE &amp; TOMATO          SCHOOL FAVORITE MUFFIN          FRUIT CUP          VARIETY OF MILK          6</p>	<p>BEEF LASAGÑA          WHOLE GARLIC BREADSTICK          TOMATO DIP /CAESAR SALAD          CHOICE OF FRUITS          WATERMELON/ AMARILLO'S          VARIETY OF MILK          7</p>	<p>CHEESEBURGER ON A BUN          BAKED POTATO WEDGES          LETTUCE &amp; TOMATO          FRESH SLICE PEAR          OATMEAL COOKIE          VARIETY OF MILK          8</p>	<p>MACARONI/MEAT SAUCE          WHOLE WHEAT GARLIC BREAD MARGARINE          CHEF SALAD          SWEET PEAS          FRESH APPLE SLICES          VARIETY OF MILK          9</p>
	<p><b>CP's PIZZA</b>          SCHOOL FAV PIZZA          CONDIMENTS THICK VEG SOUP          LETTUCE AND TOMATO CARROTS STICKS          PINEAPPLE CHUNKS/POTATO BROWNIE          VARIETY OF MILK          13</p>	<p><b>DWIGHT'S QUESADILLA</b>          SAUTÉED PORK          TOMATO SOUP/ VEGETABLE QUESADILLA          BAKED POTATO          TOSSED SALAD          GREEN APPLE SLICES          VARIETY OF MILK          14</p>	<p><b>NASH'S NOODLES</b>          CHICKEN PARMESAN          PASTA MARINARA          TOSSED SALAD /RANCH DRESSING          FRUIT SALAD          VEGETABLES/ W.W ROLL          VARIETY OF FRUITS          15</p>	<p><b>TEACHER WORK DAY</b>  <b>NO STUDENTS</b>    <b>NO STUDENTS</b>          16</p>
<p>TURKEY and PASTA          CHICKEN NACHO SUPREME          BROCCOLI CREAM SOUP          WHOLE WHEAT CROUTONS          APPLE SLICE &amp; GRAPES          VARIETY OF MILK          19</p>	<p>PEPPER STEAK          CHINNEESE RICE          MIXED VEG          LETTUCE, TOMATO          FRUIT CHOICE/ORANGE JUICE CAKE          VARIETY OF MILK          20</p>	<p>MEXICAN TACOS          SPICY POTATO CHUNKS          CRISP VEG RELISH/SWEET PEAS          GARLIC WHOLE WHEAT BREAD          FRESH BANANA          VARIETY OF MILK          21</p>	<p><b>NO SCHOOL PK</b>          SHEPHERD'S PIE          AMARILLOS          CELERY AND CARROT STICKS          TANGY FRUIT          WHOLE WHEAT ROLL          VARIETY OF MILK          22</p>	<p><b>NO SCHOOL PK- 5</b>          ROASTED TURKEY          OR MACARONI &amp; CHEESE          CHEF SALAD&amp; NACHOS          FRESH FRUIT CUP          VARIETY OF MILK          23</p>
<p>OVEN FRIED CHICKEN/FLUFFY RICE/BEANS          WHOLE WHEAT MUFFIN/PINEAPPLE          TOSSED SALAD/STEAMED BROCCOLI          CHOICE OF FRUITS/FAVORITE MUFFIN          VARIETY OF MILK          26</p>	<p><b>Early Release-Staff Dev Ramey</b>          BAKED PORK CHOPS          FRESH MASHED POTATOES          CINNAMON ROLL          TOSSED SALAD          FRESH APPLE          VARIETY OF MILK          27</p>	<p><b>Early Release-Staff Dev Ft Buchanan</b>          SCHOOL FAV PIZZA          CHICKEN NOODLE SOUP          CRISPY BROCCOLI          CAESAR SALAD/          WATERMELON          VARIETY OF MILK          28</p>	<p>STUFFED TURKEY/ YELLOW RICE          STEWED RK BEANS/SWEET POTATOES          FRUIT CUP/VEG RELISH          WHOLE WHEAT KOLACHE          VARIETY OF MILK          29</p>	<p>CHICKEN PARMESAN          SPAGUETTI WITH SAUCE          W.W.GARLIC BREADSCHOOL MADE          APRICOTS/GREEN BEANS          VARIETY OF MILK          30</p>

## All Star School Lunch

In the operation of Child Nutrition Programs, no child will be discriminated against because of race, color, sex, age, handicap or national origin. Any person who believes he or she has been discriminated against in any USDA related activity should write to USDA, Director, Office of Civil Rights, Room #326-W Whitten, Building #1400, Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202)-720-5964.

**USDA's Healthier US School Challenge/Lunch Menu Weekly Criteria:**

- \* 3 different Fruits/5 Vegetables
- \* 3 or more Dark Green/Orange Fruit c
- \* 3 or more Fresh Fruit/Raw Vege
- \* good source daily of Vitamin C
- \* 3 or more Whole Grain foods
- \* 4 different entrées or Meat/Meat alternate; limit higher fat entrées
- \* 1 or more Dried Beans/Peas
- \* 2 or more sources of Iron daily
- \* daily choices of Low fat/nonfat Milk

(All CNS bakery products are made from scratch and use as main ingredient whole wheat flour)