

# OCTOBER 2009 SECONDARY MENU

Little Rock School District Child Nutrition Department

(SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD SUPPLY)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<h2>NATIONAL SCHOOL LUNCH WEEK</h2> <h3>OCTOBER 12 - 16</h3>		SAUSAGE ROLL <i>OR</i> BOWL PACK CEREAL\TOAST, PEACHES, MILK	GRILLED CHEESE <i>OR</i> BOWL PACK CEREAL\TOAST, PINEAPPLE, MILK
			PEPPERONI PIZZA GOLDEN CORN <i>OR</i> CHEF SALAD W/ CRACKERS MIXED FRUIT SHERBET MILK CHOICES 1	GRILLED CHEESE ON WHEAT <i>OR</i> TACO ROLL MINI CARROTS <i>OR</i> FRENCH FRIES ORANGE CHOCOLATE PUDDING MILK CHOICES 2
HONEY WHEAT DONUT <i>OR</i> BOW PACK CEREAL\TOAST, APPLE JUICE, MILK	KOLACHI <i>OR</i> BOWL PACK CEREAL\TOAST, PEACHES, MILK	SAUSAGE & BISCUIT <i>OR</i> BOWL PACK CEREAL\TOAST, PEARS, MILK	GRILLED CHEESE <i>OR</i> BOWL PACK CEREAL\TOAST, ORANGE, MILK	FRENCH TOAST STICKS\SYRUP\ TURKEY SAUSAGE LINK <i>OR</i> BOWL PACK CEREAL\TOAST, FRUIT, MILK
BEEF SPAGHETTI W/ ROLL <i>OR</i> CHICKEN BEAN BURRITO VEGETABLE MEDLEY <i>OR</i> SPANISH RICE PEARS SNICKERDOODLE COOKIE MILK CHOICES 5	CHICKEN NUGGETS W/ ROLL <i>OR</i> MEATLOAF W/ ROLL ENGLISH PEAS <i>OR</i> MASHED POTATOES W/ GRAVY APPLE CAKE SLICE MILK CHOICES 6	NACHO <i>OR</i> EGG SALAD SANDWICH SEASONED PINTO BEANS <i>OR</i> FRENCH FRIES ORANGE CINNAMON ROLL MILK CHOICES 7	TURKEY HAM & CHEESE MELT SEASONED BROCCOLI <i>OR</i> CHEF SALAD W/ CRACKERS CINNAMON APPLESAUCE CHOCOLATE CHIP COOKIE MILK CHOICES 8	HAMBURGER ON WHITE BUN <i>OR</i> BAKED CHICKEN W/ ROLL FRENCH FRIES <i>OR</i> GREEN BEANS FRESH GRAPES BROWNIE MILK CHOICES 9
PROBALL W/ STRING CHEESE <i>OR</i> BOWL PACK CEREAL\ TOAST, ORANGE JUICE, MILK	BREAKFAST PIZZA <i>OR</i> BOWL PACK CEREAL\TOAST, APPLE, MILK	GRILLED CHEESE <i>OR</i> BOWL PACK CEREAL\TOAST, PEACHES, MILK	PANCAKE\SYRUP\TURKEY SAUSAGE LINK <i>OR</i> BOWL PACK CEREAL\TOAST, APPLE JUICE, MILK	YOGURT W/ CINNAMON ROLL <i>OR</i> BOWL PACK CEREAL\TOAST, PINEAPPLE, MILK
PIZZA SLICE <i>OR</i> TURKEY ON BUN CORN ON COB <i>OR</i> MINI CARROTS PEAR HALVES OATMEAL RAISIN COOKIE MILK CHOICES 12	HOT DOG <i>OR</i> LASAGNA W/ ROLL FRENCH FRIES <i>OR</i> TOSSED SALAD W/ DRESSING PEACHES FAT FREE FUDGE BAR MILK CHOICES 13	SALISBURY STEAK W/ ROLL <i>OR</i> CHEESE PIZZA MASHED POTATOES W/ GRAVY <i>OR</i> BLACK BEAN SALAD BANANA VANILLA PUDDING MILK CHOICES 14	RIB PATTY ON WHITE BUN BAKED BEANS <i>OR</i> CHEF SALAD W/ CRACKERS MIXED FRUIT CAKE SLICE MILK CHOICES 15	FISH SQUARE ON WHITE BUN <i>OR</i> OVEN FRIED CHICKEN W/ ROLL COLESLAW <i>OR</i> BROCCOLI W/ CHEESE APPLE CHOCOLATE CHIP COOKIE MILK CHOICES 16
CRUNCHMANIA GRAHAMS <i>OR</i> BOWL PACK CEREAL\TOAST, APPLE JUICE, MILK	BREAKFAST BURRITO <i>OR</i> BOWL PACK CEREAL\TOAST, ORANGE, MILK	FRENCH TOAST STICKS\SYRUP TURKEY SAUSAGE LINK <i>OR</i> BOWL PACK CEREAL\TOAST, FRUIT BLEND JUICE, MILK	GRILLED CHEESE <i>OR</i> BOWL PACK CEREAL\TOAST, PEARS, MILK	
SANTA FE PASTA W/ CORNBREAD <i>OR</i> TURKEY CORNDOG MEXICALI CORN <i>OR</i> FRENCH FRIES STRAWBERRY CUP CINNAMON ROLL MILK CHOICE 19	TURKEY SPAGHETTI W/ ROLL <i>OR</i> STEAK FINGERS W/ ROLL GREEN BEANS <i>OR</i> MASHED POTATOES W/ GRAVY PEACHES BROWNIE MILK CHOICES 20	CHEESEBURGER ON WHITE BUN <i>OR</i> PEPPERONI PIZZA FRENCH FRIES <i>OR</i> TOSSED SALAD W/ DRESSING ORANGE OATMEAL RAISIN COOKIE MILK CHOICES 21	BAKED LEMON PEPPER CHICKEN W/ ROLL ORANGE GLAZED CARROTS <i>OR</i> CHEF SALAD W/ CRACKERS PINEAPPLE CAKE SLICE MILK CHOICES 22	<b>NO SCHOOL TEACHER RECORD DAY</b>
YOGURT W/ PROBALL <i>OR</i> BOWL PACK CEREAL\TOAST, FRUIT BLEND JUICE, MILK	BREAKFAST HOT POCKET <i>OR</i> BOWL PACK CEREAL\TOAST, APPLE, MILK	PANCAKE\SYRUP\TURKEY SAUSAGE LINK <i>OR</i> BOWL PACK CEREAL\TOAST, ORANGE JUICE, MILK	SAUSAGE ROLL <i>OR</i> BOWL PACK CEREAL\TOAST, PEACHES, MILK	GRILLED CHEESE <i>OR</i> BOWL PACK CEREAL\TOAST, PINEAPPLE, MILK
SAUSAGE PIZZA <i>OR</i> TURKEY SPAGHETTI W/ ROLL MIXED VEGETABLES <i>OR</i> TOSSED SALAD W/ DRESSING PEAR HALVES CHOCOLATE CHIP COOKIE MILK CHOICES 26	DELI TURKEY & CHEESE ON WHEAT BUN <i>OR</i> EGG SALAD SANDWICH COLESLAW <i>OR</i> BAKED POTATO APPLE COFFEE CAKE MILK CHOICES 27	ITALIAN PASTA BAKE W/ ROLL <i>OR</i> CHICKEN ON BUN GARDEN SALAD W/ DRESSING <i>OR</i> FRENCH FRIES GRAPES ICE CREAM CUP MILK CHOICES 28	CHICKEN POMODORO W/ ROLL GREEN BEANS <i>OR</i> CHEF SALAD W/ CRACKERS PINEAPPLE OATMEAL RAISIN COOKIE MILK CHOICES 29	NACHO <i>OR</i> CHICKEN BEAN BURRITO SEASONED PINTO BEANS <i>OR</i> SPANISH RICE ORANGE CINNAMON ROLL MILK CHOICES 30