





# Seven Hills Classical Academy

## October 2009



Student: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_ Due September 23rd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
FRUIT OF THE MONTH  APPLE	VEGETABLE OF THE MONTH  BEAN		Haystack Taco Salad Lettuce, Taco Sauce & Cheese Corn Tortilla Chips Fresh Fruit Milk Southwest Rice (Grades 4-12 Only)	Spicy Breaded Chicken Patty Wheat Bun Fresh Broccoli with Ranch Dressing Fresh Apple Milk
5	6	7	8	9
Salisbury Steak & Brown Gravy Seasoned Mashed Potatoes Diced Peaches Biscuit Milk	Chicken Tenders with Dip Steamed Corn Fresh Fruit Soft Wheat Dinner Roll Milk Grain Snack (Grades 4-12 Only)	Macaroni & Cheese V Popcorn Chicken Fresh Baby Carrots 100% Juice Milk	Juicy Cheeseburger on a Wheat Bun with Ketchup & Pickles Baked Tator Tots Chilled Fruit Cocktail Milk	Max Pizza Sticks V Dipping Sauce Lettuce Salad with Dressing Fresh Fruit Milk
12	13	14	15	16
Roast Turkey & Gravy Mashed Potatoes Fresh Fruit Biscuit Milk	French Toast Sticks V Turkey Sausage Links Maple Syrup Mandarin Oranges 100% Juice Milk	Cheese Pizza Quesadilla Lettuce Salad with Ranch Dressing Fresh Fruit Chocolate Chip Cookie Milk	TEACHER CONFERENCE  NO SCHOOL for STUDENTS	TEACHER CONFERENCE  NO SCHOOL for STUDENTS
19	20	21	22	23
Meatloaf with Brown Gravy Mashed Potatoes Mandarin Oranges Biscuit Milk	Chicken Italiano Sandwich Wheat Bun Lettuce Salad with Italian Dressing Fresh Fruit Milk	Mini Turkey Corndogs Cheesy Broccoli Pineapple Tidbits Milk Grain Snack (Grades 4-12 Only)	Chicken Fajita Flour Tortillas Lettuce, Salsa & Cheese Fresh Fruit Milk Southwestern Rice (Grades 4-12 Only)	Juicy Hamburger on a Wheat Bun with Ketchup & Pickles Seasoned Potato Twisters Applesauce Milk
26	27	28	29	30
Cheese Omelet V Seasoned Potato Cubes Ketchup 100% Juice Cinnamon Raisin Bagel & Jelly Milk	Turkey Hotdog on a Bun Whole Grain Cheddar Sun Chips Green Beans Fresh Fruit Milk	Italian Meat Sauce & Pasta Lettuce Salad with Caesar Dressing HiFiber Bosco Cheese Bread Stick Fresh Apple Milk	Chicken Nuggets Au gratin Potatoes Diced Peaches Milk	Tacos Flour Tortillas Lettuce, Salsa & Cheese Tropical Fruit Mix Milk Mexican Rice (Grades 4-12 Only)

\*Lancer Dining does not use any products that contain pork, peanuts, or peanut oil. All products are baked or steamed. Milk is served with lunch each day.

Please fill out ONE SHEET per CHILD

CIRCLE the DATE of your menu choices LEGIBLY

Enclose Check to Seven Hills Classical Academy for lunches

Price Per Meal is \$3.50

**MENU CHOICES AND FUNDS ARE DUE BY SEPTEMBER 23rd**

List Amount Remitted: \_\_\_\_\_