



Seven Hills Classical Academy

September 2009

Student: _____ Grade: _____ Teacher: _____ Due August 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
LABOR DAY 7 ENJOY YOUR LABOR DAY!	8	9	10	11
	Chicken Tenders with Dip Steamed Corn Fresh Fruit Soft Wheat Dinner Roll Milk	Roast Turkey & Gravy Mashed Potatoes Fresh Fruit Biscuit Milk	Juicy Cheeseburger on a Wheat Bun with Ketchup & Pickles Baked Tator Tots Chilled Fruit Cocktail Tiny Pretzel Twists Milk	Max Pizza Sticks V Dipping Sauce Lettuce Salad with Dressing Fresh Fruit Soft Wheat Dinner Roll Milk
14	15	16	17	18
Salisbury Steak & Brown Gravy Seasoned Mashed Potatoes Diced Peaches Biscuit Milk <small>Grain Snack (Grades 4-12 Only)</small>	French Toast Sticks V Turkey Sausage Links Maple Syrup Mandarin Oranges 100% Juice (Grape) Milk	Cheese Pizza Quesadilla Lettuce Salad with Ranch Dressing Fresh Fruit Chocolate Chip Cookie Milk	Italian Meatball Submarine Shredded Mozzarella Cheese Steamed Green Beans Fresh Fruit Milk	Chicken Nuggets Rice Pilaf Cole Slaw Fresh Fruit Milk
21	22	23	24	25
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	Chicken Fajita Flour Tortillas Lettuce, Salsa & Cheese Fresh Fruit Milk <small>Southwestern Rice (Grades 4-12 Only)</small>	Juicy Hamburger on a Wheat Bun with Ketchup & Pickles Seasoned Potato Twisters Applesauce Milk
28	29	30	FRUIT OF THE MONTH	VEGETABLE OF THE MONTH
Cheese Omelet V Seasoned Potato Cubes Ketchup 100% Juice (Orange & Grape) Bagel & Jelly Milk	Turkey Hotdog on a Bun Whole Grain Cheddar Sun Chips Cole Slaw Fresh Fruit Milk	Italian Meat Sauce & Pasta Lettuce Salad with Caesar Dressing HiFiber Bosco Cheese Bread Stick Stone Fruit Milk	 STONE FRUIT	 CABBAGE

*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 AUGUST 31st

List Amount Remitted: _____