

CATO-MERIDIAN SCHOOL MENU SEPTEMBER 2011



Start Your Day OFF Right with Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Cereal w/ Wheat Toast	Pancakes with Syrup	Breakfast Pizza	Yogurt w/ Muffin	Breakfast Sandwich
YOGURT, CEREAL, & BAGELS WITH CREAM CHEESE OFFERED DAILY. ALL BREAKFAST ENTREES SERVED W/ 100% JUICE & CHOICE OF MILK.				



DAILY ENTREES

School Breakfast Price
\$1.25 for Students

School Lunch Price
\$1.50 for Students
\$3.00 for Adult Lunch
Milk .55
Ice Cream .60

Meals may include
hot or cold
vegetables with
bread assortment.

All meals are served
with a choice of milk
(1% low fat, skim, or
low fat chocolate)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Staff Development Day	2
5 Labor Day	6 Chicken Nuggets Corn Dinner Roll Chilled Fruit	7 Hot Turkey Sandwich Mashed Potatoes Mixed Vegetables Chilled Fruit	8 Hot Ham Cheese/Bun Green Beans Chilled Fruit	9 Crunchy Fish/Bun Carrot Sticks Chilled Fruit
12 Buffalo Chicken Wrap Lettuce/Cheese Boiled Potatoes Chilled Fruit	13 Grilled Cheese Tomato Soup Chilled Fruit	14 Soft Pretzel/with Meat/Cheese Broccoli Chilled Fruit	15 Spaghetti/Meat Sauce Tossed Salad Italian Bread Chilled Fruit	16 BBQ Rib/Bun Pasta Salad Peas Chilled Fruit
19 Spicy Chicken Patty Bun Corn Chilled Fruit	20 Taco Salad Mexi-Rice Beans Chilled Fruit	21 Meatball Sub Green Peas Chilled Fruit	22 Macaroni and Cheese Green Beans Whole Wheat Bread Chilled Fruit	23 Crunchy Fish/Bun Cole Slaw Chilled Fruit
26 Chicken Fajita Wrap Steamed Carrots Chilled Fruit	27 French Toast Sticks Sausage Hash Brown Patty Warm Applesauce	28 Pizza Burger Tossed Salad Chilled Fruit	29 Southwest Pierogies Ham Slice Broccoli Chilled Fruit	30 Garlic Pizza Mixed Vegetables Chilled Fruit

DAILY ALTERNATE ENTREE

Monday	Tuesday	Wednesday	Thursday	Friday
Nugget Lunch	Hamburger	Chicken Patty	Hot Dog-Elem/MS BBQ Riblet-HS	Cheese Pizza
PBJ-Plate is offered Daily				

GRAB A FRESH SALAD

Fresh Salad combination meals including daily alternates of: Salad Greens, Fresh Vegetables, Fruit & Accompaniments.

DELI BAR TO GO

Freshly prepared sandwiches with assorted deli meats & cheese prepared on selected: Breads, Rolls and Wraps with Accompaniments

DID YOU KNOW: You can send in prepayment Lunch/Breakfast money at any time? We strongly encourage parents to prepay using checks, rather than cash. Your checks should be made payable to "Cato-Meridian School Lunch" and sent to the cafeteria.