

Cato Meridian School Lunch

October 2009

Prices

STUDENT	\$ 1.50
Reduced Lunch	\$ 0.25
Adult Lunch	\$ 3.00
<i>Adult lunch subject to tax</i>	

Choice of Milk Daily

1%, 2%, Skim
Low Fat Chocolate

Choice of Fruit Daily
Fresh, Fruit Cup

Alternate Lunches:

Monday thru Friday
Peanut Butter & Jelly
Ham & Cheese on a Roll
Turkey & Cheese Sub

Mondays
Chicken Nugget Lunch


Tuesday
Hamburger

Wednesdays
Hot Dog Lunch

Thursday
BB-Q Riblet Lunch

Fridays
Pizza

Menu subject to change
Notice given when possible
Extra Bread & Crackers
Available Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>You can send in prepayment 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.</p>			<p>1</p> <p>CHICKEN NUGGETS BBQ SAUCE MIXED VEGETABLE FRUIT MILK</p>	<p>2</p> <p>BBQ Pork ON BUN BUTTERED CORN MASHED POTATO FRUIT MILK</p>
<p>5</p> <p>SOFT SHELL TACO SALSA MEXI RICE FRUIT MILK</p>	<p>6</p> <p>CHICKEN PATTY ON BUN GREEN BEANS BOILED POTATOES FRUIT MILK</p>	<p>7</p> <p>SPAGHETTI W/ MEAT SAUCE & ROLL TOSSED SALAD FROZEN TREAT FRUIT MILK</p>	<p>8</p> <p><i>NATIONAL PIEROGY DAY</i> SOUTHWEST PIEROGIE'S CARROT COINS PASTA SALAD FRUIT MILK</p>	<p>9</p> <p>TURKEY RANCH WRAP CELERY STICKS PASTA SALAD FRUIT MILK</p>
<p>12</p> <p>No School Col umbus Day</p>	<p>13</p> <p>NACHOS W/ MEAT CHEESE SAUCE MIXED VEGETABLE FRUIT MILK</p>	<p>14</p> <p>CHICKEN PARMESAN SPAGHETTI TOSSED SALAD FRUIT MILK</p>	<p>15</p> <p>FISH ON BUN FRENCH FRIES BROCCOLI FLORETS FRUIT MILK</p>	<p>16</p> <p>CHICKEN NUGGETS BBQ SAUCE CORN FRUIT MILK</p>
<p>19</p> <p>CHEESEBURGER ON BUN PASTA SALAD CARROTS FRUIT MILK</p>	<p>20</p> <p>ROAST TURKEY ON ROLL MASHED POTATOES W/ GRAVY CORN NIBLETS FRUIT MILK</p>	<p>21</p> <p>ROTIINIW/ MEAT SAUCE DINNER ROLL BROCCOLI FRUIT MILK</p>	<p>22</p> <p>CHICKEN PATTY/BUN CORN TOSSED SALAD FRUIT MILK</p>	<p>23</p> <p>SOFT PRETZEL W/ MEAT SAUCE GREEN BEANS FRUIT MILK</p>
<p>26</p> <p>TACO SALAD CARROTS SALSA FRUIT MILK</p>	<p>27</p> <p>MACARONI & CHEESE PEAS DINNER ROLL FRUIT MILK</p>	<p>28</p> <p>CHICKEN PATTY ON BUN SEASONED RICE GREEN BEANS FRUIT MILK</p>	<p>29</p> <p>CHICKEN NUGGETS BBQ SAUCE TOSSED SALAD FRUIT MILK</p>	<p>30</p> <p>BBQ Pork On Bun TATAR TOTS BUTTERED CORN FRUIT MILK</p>

Fruit of the Month Fun Fact: Apples, take a healthy bite!
It's not a coincidence that apples are the symbol of good health. In the Middle Ages, the English said, "To eat an apple before going to bed will make the doctor beg his bread." We now know that there's a sound basis for the familiar "apple a day" rhyme. Only recently has scientific research specifically shown many of the health claims about apples.
Apple growers across our state want you to know just how healthy apples are, especially the ones from New York!
Thought for the month: Obstacles melt away when we have the will to succeed.

SALAD BAR
Grades 4-12
TOP OFF YOUR FAVORITE GREENS DAILY!

