



PITTSTON AREA KINDERGARTEN CENTER LUNCH MENU

September 1 thru October 1, 2010

Food Service Director:
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	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>WEEKLY CHOICE</u>
<p><u>LUNCH LEARNERS!</u></p> <p>September Breakfast Items Monday French Toast Sticks Tuesday Ham, Egg and Cheese on a Bagel Wednesday Pancakes with Syrup Thursday Scrambled Eggs with Toast Friday Waffles with Syrup</p> <p>Daily Choices are Assorted Whole Grain Cereals with Toast, Breakfast Pizza, Buttered Toast</p> <p>All Breakfast meals area served with 100% Juice and Low Fat Milk</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Whole grain foods are good sources of</p> <p style="text-align: center;">MY CHOICE</p> </div> <p>www.gotoinnutrition.com</p> <p>Menu subject to change</p>		<p style="font-size: 2em;"><i>Welcome Back!</i></p>	<p>1</p>	<p>2</p> <p>Italian Dunkers With Marinara Sauce Or Hot Dog on a Bun Glazed Carrots Fruity Applesauce Low Fat Milk</p>	<p>3</p> <p>Labor Day Holiday No School</p>	<p>Turkey Wrap Chef Salad Ham and Cheese Sandwich</p>
	<p>6</p> <p>Labor Day Holiday No School</p>	<p>7</p> <p>Chicken Fajita with Whole Wheat Bread Slice Or Grilled Cheese Sandwich Green Beans Diced Peaches Low Fat Milk</p>	<p>8</p> <p>Cheeseburger Attack Wrap Or Whole Grain Chicken Patty on a Bun Steamed Peas Pineapple Tidbits Low Fat Milk</p>	<p>9</p> <p>Whole Wheat Pasta with Meatballs and Bread Slice Or Bacon Burger on a Bun Corn Mandarin Oranges Low Fat Milk</p>	<p>10</p> <p>Roasted Turkey Or Hot Dog Mashed Potatoes Gravy Fruit Medley Low Fat Milk</p>	<p>Ham and Cheese Wrap Crispy Rancher Salad Turkey Sandwich Italian Hoagie</p>
	<p>13</p> <p>Taco Salad with Tortilla's, Lettuce, Salsa, and Cheese with Roll Or Hot Ham and Cheese Sandwich Fiesta Corn Chilled Pears Low Fat Milk</p>	<p>14</p> <p>Chicken Nuggets with BBQ Sauce and Bread Slice Or Grilled Chicken Patty on a Bun Seasoned Peas Peaches Low Fat Milk</p>	<p>15</p> <p>Macaroni and Cheese with Whole Wheat Bread Or Cheeseburger on a Bun Carrots Mandarin Oranges Low Fat Milk</p>	<p>16</p> <p>Roasted Pork with Mashed Potatoes and Gravy Or Grilled Cheese Sandwich Green Beans Jello Apples Low Fat Milk</p>	<p>17</p> <p>Stir Fry Chicken with Rice Or Hot Dog on a Bun Broccoli Fruit Medley Low Fat Milk</p>	<p>Italian Wrap Chef Salad Bologna and Cheese Sandwich Turkey Hoagie</p>
	<p>20</p> <p>Open Face Grilled Chicken Sandwich with Gravy Or Grilled Cheese Sandwich Glazed Carrots Chilled Pears Low Fat Milk</p>	<p>21</p> <p>Hot Ham Slice with Buttered Noodles Or Whole Grain Chicken Patty on a Bun Seasoned Corn Peach Crisp Low Fat Milk</p>	<p>22</p> <p>Harvest Festival!!! Corn Dog Nuggets with Wheat Bread Or Hamburger on a Bun Green Beans Cinnamon Applesauce Low Fat Milk</p>	<p>23</p> <p>Popcorn Chicken with Rice Or Hot Dog on a Bun Mixed Vegetables Mandarin Oranges Low Fat Milk</p>	<p>24</p> <p>Pasta with Meat Sauce With Garlic Bread Or Turkey Club Peas Fruit Medley Low Fat Milk</p>	<p>Chicken Wrap Tuna Salad Turkey Salami and Cheese Sandwich Ham and Cheese Hoagie</p>
	<p>27</p> <p>Baked Fish Sticks With Bread Slice Or Grilled Cheese Sandwich Seasoned Corn Pear Slices Low Fat Milk</p>	<p>28</p> <p>Meatball Platter with Italian Bread Or Chicken Patty on a Bun Buttered Peas Peach Cup Low Fat Milk</p>	<p>29</p> <p>Sloppy Joe Casserole Or Hot Dog on a Bun Mixed Vegetables Fruity Applesauce Low Fat Milk</p>	<p>30</p> <p>Chicken Cheese Steak Hoagie Or Cheeseburger Carrots Mandarin Oranges Low Fat Milk</p>	<p>1</p> <p>Roasted Turkey with Stuffing and Gravy or Rib a Que on a Bun Baked Green Beans Fruit Medley Low Fat Milk</p>	<p>Turkey Wrap Chicken Salad Tuna Sandwich Italian Hoagie Plain Pizza Available Daily</p>

Available Daily at Lunch:
 Fesh Fruit, Carrot or Celery Sticks, Tossed Salad
Milk Choices: Skim, 1% Flavored, 2% White