

**Jr. High
&
High School
Lunch Menu**

September

| | Mon | Tue | Wed | Thu | Fri |
|---|---|--|---|---|---|
| <p>School News Challenge Day Program We are currently in need of adult volunteers to participate one of the two days. If you would be able to volunteer on either September 12th, or 13th (Monday or Tuesday), or would just like to learn more about this amazing program, please contact or would just like to learn more about this amazing program, please contact Mrs. Mogge or Mrs. Winter in the Counseling Department at SVHS, either by phone (815-645-2291), or e-mail:</p> <p>Tip of the Month Commitment: You've started the course, now you need to complete it. Do the best -- and get the most out of it -- that you can! Your commitment will pay off in the end.</p> <p>Menu: Subject to Change Due to Availability of Food</p> | | | | 1 Cheeseburger on Bun Or Cheese Quesadilla Baked Fries Mandarin Oranges 1% or Skim Milk | 2 Early Release |
| | 5 Labor Day | 6 Chicken Nugget or Ravioli Steamed Corn Chilled Peaches Bread & Butter 1% or Skim Milk | 7 Corn Dogs or Cheeseburger on Bun Baked Beans Fresh Apple 1 % or Skim Milk | 8 Chicken Dumpling Bread Butter or Chicken Patty on Bun Steamed Broccoli Mandarin Oranges 1% Milk | 9 Chef Salad/ Roll or Cheese Pizza Carrot Sticks Apple Cake 1% or Skim Milk |
| | 12 Grilled Chicken on Bun or Quesadilla Green Beans Chilled Pears 1% or Skim Milk | 13 Cheeseburger on Bun or Mr. Rib on Bun Baked Fries Cinnamon Applesauce 1% or Skim Milk | 14 Pizza Pasta/ Bread & Butter or Chicken Wrap Garden Salad Chilled Peaches 1% or Skim Milk | 15 Soft Taco (Lettuce Cheese Meat) Refried Beans ,Chips Mandarin Oranges 1 % or Skim Milk | 16 Grill Cheese Or Pork Tenderloin on Bun Fresh Veg Mix Fresh Fruit Mix 1% Milk or Skim Milk |
| | 19 Tuna Salad Sandwich Or Mr. Rib on Bun Green Beans Applesauce 1% or Skim Milk | 20 Popcorn Chicken or Toasted Turkey Sandwich Roast Veg's Peach & Pears Mix Bread & Butter 1% or Skim Milk | 21 Hot Dog on Bun or Buffalo Chicken On Bun Baked Beans Fresh Apple Slices Cookie 1% or Skim Milk | 22 Goulash/ Garlic Bread or Chicken Wrap Garden Salad Mix Fruit 1% or Skim Milk | 23 Chef Salad or Cheese Pizza Steamed Corn Chilled Pears 1% or Skim Milk |
| | 26 Chicken Tenders/ Bread & Butter or Pork Tenderloin on Bun Steamed Corn Mandarin Oranges | 27 Burger on Bun Baked Fries Or Oriental Salad/ Roll Chilled Applesauce 1%or Skim Milk | 28 Nacho Plate (Meat, Cheese Chips) Garden Salad Pears & Strawberry 1% or Skim Milk | 29 Sub Sandwich Or Quesadilla Carrot Sticks/Dip Apple Slices 1% or Skim Milk | 30 Chicken Patty On Bun Or Basco Stick Green Beans Mixed Fruit Bread & Butter |

Monroe Center & Highland Lunch Menu

September 2011

Monday

Tuesday

Wednesday

Thursday

Friday



Whole Wheat pasta has more nutrients and fiber than their white counter parts!!

1
Burger on Bun
Baked Fries
Mandarin Oranges
1% or Skim Milk

2
Early Release

10 HEALTHY EATING TIPS FOR KIDS

1. [Food is Fun... Enjoy your food](#)
2. [Breakfast is a very important meal](#)
3. [Eat lots of different foods every day, variety is the recipe for health](#)
4. [Which group would you tip for the top? Base your food on carbohydrates](#)
5. [Gimme five! Eat fruits and vegetables with each meal and as tasty snacks!](#)

5
Labor Day

6
Chicken Nugget
Steamed Corn
Chilled Peaches
Bread & Butter
1% or Skim Milk

7
Mini Corn Dogs
Green Beans
Fresh Apple
1 % or Skim Milk

8
Chicken Dumpling
Steamed Broccoli
Mandarin Oranges
Bread & Butter
1% Milk

9
Cheese Pizza
Carrot Sticks
Apple Cake
1% or Skim Milk

6. [Fat facts. Too much saturated fat is not good for your health](#)

7. [Snack attack! Eat regularly and choose a variety of snacks](#)

8. [Quench your thirst. Drink plenty of liquids](#)

9. [Care for those teeth! Brush your teeth at least twice a day](#)

10. [Get moving! Be active every day](#)

12
Fish Sticks
Green Beans
Chilled Pears
1% or Skim Milk

13
Cheeseburger on Bun
Baked Fries
Cinnamon Applesauce
1% or Skim Milk

14
Pizza Pasta
Garden Salad
Chilled Peaches
Bread & Butter
1% or Skim Milk

15
Soft Taco
(Lettuce Cheese Meat)
Refried Beans ,Chips
Mandarin Oranges
1 % or Skim Milk

16
Grilled Cheese
Fresh Veg Mix
Fresh Fruit Mix
1% Milk or Skim Milk

19
French Toast
Yogurt Cup
Orange Wedges
Tri Potato

20
Popcorn Chicken
Roast Veg's
Peach & Pears Mix
Bread & Butter

21
Hot Dog on Bun
Baked Beans
Fresh Apple Slices
Cookie
1% or Skim Milk

22
Goulash
Garlic Bread
Garden Salad
Mix Fruit
1% or Skim Milk

23
Cheese Pizza
Steamed Corn
Chilled Pears
1% or Skim Milk

26
Chicken Tenders
Steamed Corn
Mandarin Oranges
Bread & Butter
1% or Skim Milk

27
Burger on Bun
Baked Fries
Chilled Applesauce
1%or Skim Milk

28
Nacho Plate
(Meat, Cheese Chips)
Garden Salad
Pears & Strawberry
1% or Skim Milk

29
Sub Sandwich
Carrot Sticks/Dip
Apple Slices
1% or Skim Milk

30
Mac Cheese
Green Beans
Mixed Fruit
Bread & Butter
1% or Skim Milk

Menu:: Subject to Change Due to Availability of Food