

DIRECTOR
OF DINING SERVICES

DARRELL DOMBROSKI

All of our full meals include:
Entrée, Choice of 3 Sides,
Choice of Milk, or Bottled
Water

**MENU SUBJECT TO
CHANGE!**

Homemade Soups or Chili
Available Daily

NEW THIS MONTH!

SEA
FAMILY
PICNIC

NEXT MONTH
HALLOWEEN

**THIS MONTH
COMMISSIONER
NUTRITION
INVESTIGATES—
NUTRITIONAL
EATING**



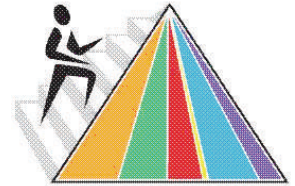
ST. EDMUND'S ACADEMY LUNCH MENU SEPTEMBER 2010



**Nutritious Definition
of the Month :**

Potassium:

A mineral that keeps your
muscles and nervous
system working properly






MyPyramid.gov
STEPS TO A HEALTHIER
YOU

Fruit Choice Is Offered
Daily and May Include:

Apple, Orange, Grapes,
Banana, Pear, Cantaloupe,
Honeydew, Watermelon,
Applesauce, Peach, Fruit
Cocktail, Pineapple, Fruited
Gelatin, or Fruit Juice

Grab n' Go May Include

- Tossed Salad
- Tuna or Chicken Salad
- Celery, Carrots or Cucumbers w/ Dip
- Fresh Fruit Cups
- PB&J Sandwich
- Ham & Cheese Sandwich
- Turkey & Cheese Sandwich
- Wraps
- Hoagies

Monday	Tuesday	Wednesday	Thursday	Friday
	AUGUST 31 FIRST DAY WELCOME BACK BEEF HOT DOG OR MACCARONI & CHEESE STEAMED RICE CARROT COINS	1 CREAM OF BROCCOLI SOUP CHEESE PIZZA OR FRENCH TOAST STICKS TRI TATERS GREEN BEANS	2 VEGETABLE SOUP BEEFARONI OR BBQ CHICKEN BREAST TOSSED SALAD BROCCOLI CUTS	3 NEW ENGLAND CLAM GYROS OR PENNE MARINARA FRESH CHIPS SUGAR SNAP PEAS
6 NO SCHOOL LABOR DAY	7 CHILI CHICKEN NUGGETS OR BEEF STIR FRY STEAMED RICE CARROT COINS	8 WEDDING SOUP PEPPERONI PIZZA OR SWEET & SOUR CHICKEN GREEN BEANS	9 NO SCHOOL ROSH HASHANAH	10 NEW ENGLAND CLAM CHEESE DIPPERS OR HAM BBQ SANDWICH WEDGE FRIES MIXED VEGETABLE
13 CHICKEN NOODLE SOUP BEEF CORN DOG OR POT ROAST PARSLEY POTATOS SEASONED CORN	14 TOMATO SOUP GRILLED CHEESE OR PHILLY CHEESE STEAK CRISPY FRIES CARROT COINS	15 BEEF NOODLE SOUP CHEESE PIZZA OR HOT TURKEY SANDWICH MASHED POTATOS GREEN BEANS	 16 POTATO SOUP MEAT BALL SUB OR SEASHELL ALFREDO TOSSED SALAD BROCCOLI CUTS	17 NEW ENGLAND CLAM CHEEDAR PIEROGIES OR FISH STICKS NOODLES SUGAR SNAP PEAS
20 CHICKEN TORTILLIA SOUP BEEF HARD TACOS OR HAM SUB CRISPY FRIES SEASONED CORN	21 GARDEN TOMATO SOUP CHICKEN LO-MEIN OR VEGETABLE EGG ROLLS STEAMED RICE CARROT COINS	22 TURKEY RICE SOUP SAUSAGE PIZZA OR PANCAKES BREAKFAST POTATOS GREEN BEANS	23 VEGETABLE PASTINA CHICKEN PATTY SANDWICH OR SPICY CHICKEN NOODLES BROCCOLI CUTS	24 NEW ENGLAND CLAM CHEESE RAVIOLI OR BEEF BBQ SANDWICH TOSSED SALAD SUGAR SNAP PEAS
27 WEDDING SOUP GENERAL TSO CHICKEN OR PEPPERONI HOT POCKET STEAMED RICE SEASONED CORN	28 CHILI CHEESE BURGER OR PASTA BAKE CRISPY FRIES CARROT COINS	29 BEEF DUMPLING SOUP CHEESE PIZZA OR SLOPPY JOE NOODLES GREEN BEANS	30 CHICKEN NOODLE SOUP BBQ RIB SANDWICH OR CHICKEN & RICE CASSEROLE BROCCOLI CUTS	


Metz
& Associates Ltd.