

OCTOBER 2007

MONDAY

TUESDAY

WEDNESDAY

DURHAM PUBLIC SCHOOLS

THURSDAY

FRIDAY

MIDDLE SCHOOL BREAKFAST & LUNCH MENU

1% Milk served with all meals: Chocolate, Strawberry, Unflavored and Skim
Offered Daily at Breakfast: Variety of Cereal, including Reduced Sugar Options, Fresh Fruit, ½ Pint Milk of Choice.

LUNCH MENU: Students may select one Main Dish and Two Sides or Salad and ½ Pint Milk of Choice.

Offered daily at lunch: Pizza (Cheese or ♦Pepperoni), Assorted Juice, Fresh Fruit, Salad w/Crackers and Grille items.



FOCUS ON APPLES:

Apples come in many sizes, colors and flavors – make sure you try them all!
Apples are one of nature's original fast foods and are available year round.
Apples are high in fiber. Fresh apples float because 25 percent of their volume is air.
Americans eat an average of 18 pounds of fresh apples each year.
Visit the website- www.fruitsandveggiesmorematters.org
for more information on fruits and vegetables.

♦Products Containing Pork

<p>1 Orange Tangerine or Apple Juice Reduced Fat Super Donut <u>Cereal w/Toast & Jelly</u> Grille – Chicken Nuggets Meatloaf w/ Gravy Whole Roasted Potatoes California Blend Vegetables Chilled Peaches Wheat Roll</p>	<p>2 Orange Tangerine or Fruit Punch Juice, Peach Turnover <u>Cereal w/Toast & Jelly</u> Grille – Beef Ribette ♦Pork Chop Lima Beans Collard Greens Spiced Apples Wheat Roll</p>	<p>3 Orange Tangerine or Apple Juice ♦Breakfast Pizza <u>Cereal w/Toast & Jelly</u> Grille – Hot Dog w/Coleslaw & Chili Oven Fried Chicken Mashed Potatoes Green Beans Chilled Pears Wheat Roll</p>	<p>4 Orange Tangerine or Fruit Punch Juice, Bageler <u>Cereal w/Toast & Jelly</u> Grille – Chicken Filet Sandwich Baked Spaghetti Winter Mix Vegetables Potato Wedges Chilled Pineapple Breadstick</p>	<p>5 Orange Tangerine or Apple Juice Steak Biscuit <u>Cereal w/Toast & Jelly</u> Grille – Cheeseburger Sliced Turkey w/Rice & Gravy Oven Baked Fries Broccoli Florets Applesauce Wheat Roll</p>
<p>8 Orange Tangerine or Apple Juice Super Bun <u>Cereal w/Toast & Jelly</u> Grille – Chicken Nuggets Macaroni & Cheese w/ Ham Turnip Greens Potato Wedges Chilled Peaches Wheat Roll</p>	<p>9 Orange Tangerine or Fruit Punch Juice Pancake on a Stick <u>Cereal w/Toast & Jelly</u> Grille – Nachos Turkey Tetrazzini Broccoli Florets Corn on the Cob Applesauce, Wheat Roll</p>	<p>10 Orange Tangerine or Apple Juice ♦Breakfast Pizza <u>Cereal w/Toast & Jelly</u> Grille – Corn Dog NC BBQ w/Hush Puppies Potato Rounds Green Beans Chilled Pears</p>	<p>11 Orange Tangerine or Fruit Punch Juice Breakfast Hot Pocket <u>Cereal w/Toast & Jelly</u> Grille – Chicken Filet Sandwich Beef-a-Roni Tossed Salad w/Dressing California Blend Vegetables Chilled Pineapple, Breadstick</p>	<p>12 Orange Tangerine or Apple Juice Chicken Biscuit <u>Cereal w/Toast & Jelly</u> Grille – Cheeseburger Fish Filet w/Hush Puppies Coleslaw Collard Greens Oven Baked Fries Apple Cobbler</p>
<p>15 Orange Tangerine or Apple Juice Reduced Fat Super Donut <u>Cereal w/Toast & Jelly</u> Grille – Chicken Nuggets Country Style Steak w/Gravy Fluffy Rice Spinach Corn Niblets Applesauce</p>	<p>16 Orange Tangerine or Fruit Punch Juice Apple Turnover <u>Cereal w/Toast & Jelly</u> Grille – Italian Style Hot Pocket Baked Spaghetti w/ Breadstick Tossed Salad w/ Dressing Oriental Blend Vegetables Chilled Peaches and Pears</p>	<p>17 Orange Tangerine or Apple Juice ♦Breakfast Pizza <u>Cereal w/Toast & Jelly</u> Grille – Hot Dog w/Coleslaw & Chili Baked Potato w/Chili & Cheese Sauce Broccoli Florets Frozen Fruit Bar, Chilled Pineapple Wheat Roll</p>	<p>18 Orange Tangerine or Fruit Punch Juice, Bageler <u>Cereal w/Toast & Jelly</u> Grille – Chicken Filet Sandwich Lasagna w/Breadstick Corn on the Cob California Blend Vegetables Chilled Pears</p>	<p>19 Orange Tangerine or Apple Juice Turkey Sausage Biscuit <u>Cereal w/Toast & Jelly</u> Grille – Cheeseburger Turkey Salad on Shredded Lettuce Potato Rounds Green Beans Spiced Apples, Frozen Fruit Bar Crackers</p>
<p><i>National School Lunch Week 2007</i></p>				
<p>22 Orange Tangerine or Apple Juice Super Bun <u>Cereal w/Toast & Jelly</u> Grille – Chicken Nuggets NC BBQ w/Hush Puppies Coleslaw Whole Roasted Potatoes Green Peas Applesauce</p>	<p>23 Orange Tangerine or Fruit Punch Juice Pancake on a Stick <u>Cereal w/Toast & Jelly</u> Grille – Nachos ♦Pork Chop Corn on the Cob Green Beans Peach Cobbler, Wheat Roll</p>	<p>24 Orange Tangerine or Apple Juice ♦Breakfast Pizza <u>Cereal w/Toast & Jelly</u> Grille – Corn Dog Nuggets BBQ Chicken Mashed Potatoes Collard Greens Chilled Pears Wheat Roll</p>	<p>25 Orange Tangerine or Fruit Punch Juice Breakfast Hot Pocket <u>Cereal w/Toast & Jelly</u> Grille – Chicken Filet Sandwich Ravioli Spinach Potato Wedges Chilled Peaches, Wheat Roll</p>	<p>26 Orange Tangerine or Apple Juice Steak Biscuit <u>Cereal w/Toast & Jelly</u> Grille – Cheeseburger Sliced Turkey w/Rice & Gravy Oven Baked Fries Broccoli Florets Chilled Pineapple Wheat Roll</p>
<p>29 Orange Tangerine or Apple Juice Reduced Fat Super Donut <u>Cereal w/Toast & Jelly</u> Grille – Chicken Nuggets Country Style Steak w/ Fluffy Rice California Blend Vegetables Chilled Peaches Wheat Roll</p>	<p>30 Orange Tangerine or Fruit Punch Juice Peach Turnover <u>Cereal w/Toast & Jelly</u> Grille – Beef Ribette Baked Spaghetti w/ Breadstick Tossed Salad w/ Dressing Oriental Blend Vegetables Apple Cobbler</p>	<p>31 Orange Tangerine or Apple Juice ♦Breakfast Pizza <u>Cereal w/Toast & Jelly</u> Grille – Hot Dog w/Coleslaw & Chili Baked Potato w/Chili & Cheese Sauce Broccoli Florets Chilled Fruit Mix of Peaches and Pears Frozen Fruit Bar, Wheat Roll Trick or Treat: Carnival Cookie</p>	<p style="text-align: center;">CELEBRATING NATIONAL SCHOOL LUNCH WEEK: VOTE FOR SCHOOL LUNCH National School Lunch Week was created in 1962 by President John F. Kennedy and is a celebratory week promoting the benefits of the National School Lunch Program.</p> <p style="text-align: center;"><i>YEAR-ROUND INTERSESSION: OCTOBER 1st ~ 5th</i></p>	

