



# Hampton Falls Lunch Program

## September 2010



Monday	Tuesday	Wednesday	Thursday	Friday
<b>NO SCHOOL</b> <b>(22) LUNCHES @ \$2.50</b> <b>\$55.00 TOTAL</b>	<b>Aug. 31</b> Domino's Pizza Cheese Only Salad/Fruit/Veggie Bar Fruit Juice Bar NO ALTERNATE	<b>1</b> Hamburg or Cheeseburger/bun Potato Salad/Green Beans Salad/Fruit/Veggie Bar Chocolate Pudding NO ALTERNATE	<b>2</b> Chicken Pattie w/bun Smile Potatoes/Carrot Sticks Salad/Fruit/Veggie Bar Fresh Blueberries*(Applecrest) NO ALTERNATE	<b>3</b> <b>NO SCHOOL</b>
<b>6</b> <b>NO SCHOOL</b>	<b>7</b> Chicken Tenders Whipped Potatoes/Corn Salad/Fruit/Veggie Bar Cranberry Juice JH/ALT - Fish Sticks	<b>8</b> Chicken Pot Pie or B.B.Q. Rib Baked Beans/Cole Slaw Salad/Fruit/Veggie Bar Corn Bread JH/ALT- Egg Salad Roll	<b>9</b> Rotini w/ Plain or Meat Sauce Hot Crusty Roll Salad/Fruit/Veggie Bar Fresh Baked Oatmeal Cookie JH/ALT- Grilled Cheese	<b>10</b> French Bread Pizza (Cheese or Veggie) Salad/Fruit/Veggie Bar Rainbow Sherbet JH/ALT-Chicken Salad Roll
<b>13</b> Macaroni & Cheese Dinner Roll/Green Beans Salad/Fruit/Veggie Bar Gingerbread w/ Topping JH/ALT—Pepperoni Hot Pocket	<b>14</b> Steamed Frank w/ bun Baked Potato/Summer Squash* Salad/Fruit/Veggie Bar Watermelon Slice JH/ALT- Turkey on Wheat	<b>15</b> Grilled Cheese w/wo Tomato Macaroni Salad/Celery Sticks Salad/Fruit/Veggie Bar Mini Pretzels JH/ALT - Tuna Roll	<b>16</b> Ziti w/ Plain or Meat Sauce Garlic Sticks Salad/Fruit/Veggie Bar Grape Juice JH/ALT- Hamburger w/bun	<b>17</b> Mozzarella Sticks or Crazy Bread w/Marinara Salad/Fruit/Veggie Bar Fresh Strawberry Cup JH/ALT—Seafood Pocket
<b>20</b> Chicken Nuggets Whipped Potatoes/Peas Salad/Fruit/Veggie Bar Apple Crisp* JH/ALT - Baked Fun Fish	<b>21</b> Grilled Cheese w/wo tomato Minestrone Soup Salad/Fruit/Veggie Bar Ritz Crackers JH/ALT - Hot Dog w/roll	<b>22 Early Release</b> French Toast Sticks or Cereal Sausage Links/Mini Muffin Assorted Fruits & Cheese Granola & Yogurt Orange or Apple Juice	<b>23</b> Rotini w/ Plain of Meat Sauce Vienna Bread Slice Salad/Fruit/Veggie Bar Jello (plain or fruited) JH/ALT - B.L.T. Sandwich	<b>24</b> Domino's Pizza (Cheese or Pepperoni) Salad/Fruit/Veggie Bar Ice Cream Cup JH/ALT - Tuna Bulkie
<b>27</b> Cheese Quesadillas White Fluffy Rice/Pineapple Salad/Fruit/Veggie Bar Nacho Chips JH/ALT - Teriyaki Chicken	<b>28</b> Ravioli (Cheese or Beef) Warm Whole Wheat Roll Salad/Fruit/Veggie Bar Vanilla Pudding JH/ALT - Egg Salad Croissant	<b>29</b> Chicken Pattie w/bun Rice Pilaf/Steamed Broccoli Salad/Fruit/Veggie Bar Baked or Fresh Apple* JH/ALT - Fishwich	<b>30</b> Grilled Cheese w/wo tomato Chicken Noodle Soup Salad/Fruit/Veggie Bar Oyster Crackers JH/ALT - Chicken Salad Bulkie	<b>Oct 1</b> Popcorn Chicken Bites Sweet Potato Fries Salad/Fruit/Veggie Bar Fresh Peach* JH/ALT - Cheeseburger

Menu subject to change without notice. - Peanut Butter & Jelly Sandwich or 8 oz. Yogurt available daily as an alternate

This facility is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin.

Milk served with all meals ( white 1% or skim & low fat chocolate available) — \*Our produce is purchased from local farmers whenever possible.