



September 2011

WATERLOO JR. HIGH SCHOOL

Home of the Bulldogs

Mon	Tue	Wed	Thu	Fri
			1 Chix Fajita Wrap or Ham & Cheese on Bun Garden Salad and Peaches BREAKFAST: Biscuits and Gravy or Cereal with Fruit	2 1/2 DAY SCHOOL 
5 LABOR DAY HOLIDAY 	6 Popcorn Chix or Toasted Ravioli Green Beans and Mixed Fruit BREAKFAST: Donut w/ Fruit or Cereal w/ Toast	7 Turkey Subs w/ Sun Chips or Stuffed Crust Pizza Corn and Diced Peaches BREAKFAST: Bagels with Cream Cheese and Ham or Cereal/Oatmeal and Fruit	8 Ham and Cheese on Bun w/ Fritos or Soft Taco Applesauce BREAKFAST: Biscuits and Gravy	9 Rotini w/ Meatsauce and Bread Stix or Fish Sandwich Oven Fries and Sliced Peaches BREAKFAST: Breakfast-on-a-Stix or Cereal with Toast
12 Pepperoni Pizza or Deluxe Burger Fries and Applesauce BREAKFAST: Cereal or Long John with Fruit	13 Chix Patty on Bun or Mini Corn Dogs Glazed Carrots and Blueberries BREAKFAST: Breakfast Burrito with Sausage or Cereal with Fruit	14 BBQ Riblet Sandwich or Chix Nuggets Garden Salad and Orange Smiles BREAKFAST: Otis Muffin w/ Fruit or Cereal/Oatmeal with Fruit	15 Taco Salad or Hotdog on Bun w/ Mac n Cheese Green Beans and Chilled Peaches BREAKFAST: Cinnamon Rolls and Sausage or Cereal w/ Toast	16 Fish and Cheese on Bun w/ Fries or Rotini w/ Meatsauce w/ Bread Stix Pasta House Salad and Chilled Pears BREAKFAST: Pancakes w/ Ham & Blueberries or Cereal w/ Toast
19 Chix Fajita Wrap or Cheeseburger Fries and Cinnamon Apple Slices BREAKFAST: Breakfast Pizza or Cereal with Fruit	20 Bosco Stix with Meatsauce or Deli Sandwich w/ Chips Pasta Salad and Diced Peaches BREAKFAST: Sausage & Egg Biscuit or Cereal with Fruit	21 Roast Turkey Dinner w/ Hot Roll or Cheese Pizza Green Beans and Mixed Fruit BREAKFAST: Otis Muffin w/ Fruit or Cereal/Oatmeal with Fruit	22 Nacho Bar or Ham and Cheese Sandwich w/ Fritos Corn and Sliced Peaches BREAKFAST: Biscuits and Gravy or Cereal with Fruit	23 Oven Baked Chix w/ Chez Rice and French Bread or Fish Sand. w/ Chips Mixed Fruit and Pasta House Salad BREAKFAST: Breakfast Cake w/ Ham or Cereal w/ Fruit
26 Stuffed Crust Pizza or Deluxe Burger Oven Fries and Chilled Cherries BREAKFAST: Cereal or Long John with Fruit	27 Chix Nuggets or Mini Corn Dogs Green Beans and Apple Crisp BREAKFAST: Scrambled Eggs w/ Bacon and Toast or Cereal with Fruit	28 BBQ Pork Sandwich or Chix O's Baked Beans and Orange Smiles BREAKFAST: Bagels with Cream Cheese or Cereal/Oatmeal w/ Fruit HAPPY BIRTHDAY TREAT	29 Ham and Cheese Sub w/ Fritos or Soft Taco Pasta Salad and Applesauce BREAKFAST: Biscuits and Gravy or Cereal with Toast	30 Meatballs with Rice & Garlic Bread or Popcorn Chix Mixed Fruit and Garden Salad BREAKFAST: Pancakes w/ Ham or Cereal w/ Toast