

# September 2010

## ROGERS ELEMENTARY SCHOOL Home of the Bulldogs

Mon	Tue	Wed	Thu	Fri
		1	2	3 <b>INSTITUTE DAY</b> 
<h1>Welcome Back!</h1>				
6 <b>LABOR DAY HOLIDAY</b> 	7 <i>Popcorn Chix or Toasted Ravioli/Cheese Stix Green Beans and Mixed Fruit BREAKFAST: Donut w/ Fruit or Cereal w/ Toast</i>	8 <i>Turkey Subs w/ Sun Chips or Soft Taco Corn and Orange Smiles BREAKFAST: Bagels with Cream Cheese w/ Ham Slice or Cereal w/ Fruit</i>	9 <i>Ham &amp; Cheese on Bun w/ Fritos or Stuffed Crust Cheese Pizza Pasta Salad and Applesauce BREAKFAST: Cinnamon Roll with Fruit or Cereal with Toast</i>	10 <i>Spaghetti with Meatsauce or Fish Sandwich Oven Fries and Peaches BREAKFAST: Breakfast-on-a-Stix w/ Sausage or Cereal with Toast</i>
13 <i>Pepperoni Pizza or Delux Burger Fries and Sliced Pears BREAKFAST: Cereal with Toast and Ham Slice or Long John with Fruit</i>	14 <i>Chix Patty on Bun or Mini Corn Dogs Glazed Carrots and Apple Slices w/ Peanutbutter BREAKFAST: Breakfast Burrito with Sausage or Cereal with Fruit</i>	15 <i>BBQ Riblet Sandwich or Chix Nuggets Baby Carrots and Orange Smiles BREAKFAST: Pancakes with Sausage or Oatmeal w/ Fruit</i>	16 <i>Chix Strips or Hotdog on Bun w/ Mac n Cheese Green Beans and Chilled Peaches BREAKFAST: Cinnamon Rolls and Sausage or Cereal with Toast</i>	17 <i>Spaghetti w/ Meatsauce &amp; Garlic Bread or Popcorn Chix Mixed Fruit and Garden Salad BREAKFAST: Waffle Stix w/ Ham or Cereal with Fruit</i>
20 <i>Cheese Pizza or Cheese-burger Fries and Cinnamon Apple Slices BREAKFAST: Cereal or Donut with Fruit</i>	21 <i>Bosco Stix with Meatsauce or Deli Sandwich w/ Chips Carrots and Orange Smiles BREAKFAST: Sausage &amp; Egg Biscuit or Cereal with Fruit</i>	22 <i>Roast Turkey Dinner w/ Hot Roll or Mini Corn Dogs Green Beans &amp; Mixed Fruit BREAKFAST: Otis Muffin w/ Fruit or Cereal/Oatmeal w/ Toast</i>	23 <i>Nacho with Cheese or Ham and Lunch Stackers Corn and Chilled Pears JELLO BREAKFAST: French Toast w/ Sausage or Cereal with Fruit</i>	24 <b>1/2 DAY SCHOOL</b> 
27 <i>Stuffed Crust Pizza or Delux Burger Oven Fries and Chilled Cherries BREAKFAST: Cereal or Long John with Fruit</i>	28 <i>Chix Nuggets or Mini Corn Dogs Green Beans and Fresh Apple Slices BREAKFAST: Scrambled Eggs w/ Bacon and Toast or Cereal w/ Fruit</i>	29 <i>BBQ Pork Sandwich or Chix O's Corn and Orange Smiles BREAKFAST: Bagels with Cream Cheese or Cereal/Oatmeal w/ Fruit</i> <b>HAPPY BIRTHDAY TREAT</b>	30 <i>Ham &amp; Cheese Sub w/ Fritos or Soft Taco Garden Salad and Applesauce BREAKFAST: Cinnamon Roll with Fruit or Cereal with Toast</i>	<b><i>Fat Free and Low Fat milk offered at each meal.</i></b>

**WE'RE GOING GREEN**— All future menus will be available online at: [www.wcusd5.net/rogers\\_elementary/rogers\\_food\\_services.html](http://www.wcusd5.net/rogers_elementary/rogers_food_services.html) or in the main office at school. Thank you for your understanding! Ruth Shull, Director of Cafeterias