



September 2011

ZAHNOW ELEMENTARY SCHOOL

Home of the Bulldogs

Mon	Tue	Wed	Thu	Fri
			1 Soft Taco or Hotdog on Bun w/ Mac n Cheese Corn and Pineapple BREKFAST: Cinnamon Roll w/ Sausage Link or Cereal with Toast	2 1/2 DAY SCHOOL 
5 LABOR DAY HOLIDAY 	6 Popcorn Chix w/ Cheese Stix or Toasted Ravioli w/ Cheese Stix Green Beans and Mixed Fruit BREAKFAST: Donut w. Fruit or Cereal with Toast	7 Turkey Subs w/ Sun Chips or Soft Taco Corn and Orange Smiles BREAKFAST: Bagels with Yogurt and Ham Slice or Cereal w/ Toast and Ham	8 Ham and Cheese Lunch Stackers or Cheese Pizza Applesauce and Carrot Stix w/ Dip BREAKFAST: Funnel Cake with Sausage or Cereal with Toast	9 Pasta with Meatsauce or Fish Shapes w/ Bread Pasta House Salad and Peaches BREAKFAST: Breakfast on a Stix w/ Syrup or Cereal with Toast and Sausage Link
12 Pepperoni Pizza or Delux Burger Fries and Sliced Pears BREAKFAST: Cereal with Toast or Long John with Fruit	13 Cheesy Chix Patty on Bun or Mini Corn Dogs Glazed Carrots and Cinnamon Apple Slices BREAKFAST: Breakfast Burrito with Sausage or Cereal with Fruit	14 BBQ Riblet on Bun or Chix Nuggets Corn and Chilled Peaches BREAKFAST: Otis Muffin w/ Ham and Toast or Cereal with Toast HAPPY BIRTHDAY TREAT	15 Chix Strip Wrap or Hotdog on Bun w/ Mac n Cheese Green Beans and 1/2 Banana BREAKFAST: Pancakes and Sausage or Cereal w/ Toast & Sausage Link	16 Spaghetti w/ Meatballs and Garlic Toast or Fish Shapes Mixed Fruit and Garden Salad BREAKFAST: Waffle Stix w/ Ham or Cereal with Toast
19 Cheese Pizza or Cheese Burger Fries and Cinnamon Apple Slices BREAKFAST: Breakfast Pizza or Cereal with Long John	20 Toasted Ravioli w/ Cheese Stix or Deli Sandwich w/ Chips Pasta Salad and Cherry Applesauce BREAKFAST: Sausage & Egg Biscuit or Cereal with Fruit	21 Roast Turkey Dinner or Mini Corn Dogs Green Beans and Mixed Fruit BREAKFAST: Otis Muffin w/ Ham or Cereal/ Oatmeal with Toast & Ham	22 Macho Nacho or Ham and Cheese Lunch Stackers Corn and Chilled Pears BREAKFAST: French Toast and Sausage or Cereal with Toast	23 Pasta w/ Meatsauce and Garlic Bread or Fish Shapes Mixed Fruit and Pasta House Salad BREAKFAST: Breakfast on a Stix or Cereal with Toast and Ham
26 Pepperoni Pizza or Delux Burger Oven Fries and Mixed Fruit BREAKFAST: Cereal w/ Toast or Long John with Fruit	27 Chix Nuggets or Mini Corn Dogs Baked Beans and Fresh Apple Slices BREAKFAST: Scrambled Eggs w/ Bacon and Toast or Cereal and Toast	28 BBQ Pork on Bun or Chix O's w/ Cheese Stix Corn and Pears BREAKFAST: Bagels with Cream Cheese or Cereal/ Oatmeal with Toast	29 Ham and Cheese Sub w/ Fritos or Soft Taco Peas and Applesauce BREAKFAST: Pancakes with Sausage or Cereal with Toast	30 Fish and Cheese Basket or Spaghetti w/ Meatballs Pasta House Salad and Spicy Peaches BREAKFAST: Cinnamon Rolls w/ Ham or Cereal w/ Toast and Ham