

# September 2010

# ZAHNOW ELEMENTARY SCHOOL Home of the Bulldogs

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

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

