










October 2009



ABBY KELLEY CHARTER



4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
 Parmteam	 Teriyakiteam	 Pizzateam	CHEESEBURGER Potato Rounds Applesauce	PEPPERONI PISA PIZZA Carrot Sticks Celery Sticks Fresh Fruit Mini Pretzels
5 CHICKEN TENDERS W/POTATO WEDGES Frozen Juice Bar Chocolate Chip Muffin	 6 TURKEY TACO MEAT Fiesta Corn Fruited Gelatin Tortilla Rounds (Whole Grain) Fiesta Sprinkle Cookie	7 SALISBURY STEAK WITH GRAVY Mashed Potatoes Fresh Fruit Wheat Bread	8 TERIYAKI GLAZED CHICKEN W/FRIED RICE Garden Green Peas Mixed Fruit Cup Wheat Bread	9 PIZZA DIPPERS Marinara Dipping Sauce Tossed Salad Fresh Fruit Double Fudge Cookie
12 Columbus Day 	13 CHICKEN NUGGETS W/ POTATO ROUNDS Frozen Juice Bar Apple Waffle Snap Crackers	14 BEEF BAGEL DOG Potato Wedges Fresh Fruit	15 CREAMY CHICKEN PASTA Garden Green Peas Chilled Peaches Garlic Bread	16 PIZZA DIPPERS Marinara Dipping Sauce Carrot Sticks Celery Sticks Fresh Fruit Lemon Creme Cookies
19 MINI CORN DOGS WITH HASH BROWNS Frozen Juice Bar Low Fat Baked Cheetos	20 TOASTED CHEESE SANDWICH Garden Vegetables Cinnamon Applesauce Multi Grain Sun Chips	21 	22 BREADED CHICKEN FILLET Chopped Broccoli w/Cheese Pineapple Tidbits Graham Crackers	23 FRENCH BREAD PEPPERONI PIZZA Tossed Salad Fresh Fruit Mini Pretzels
26 FRENCH TOAST STICKS W/SAUSAGE Potato Stixs Frozen Juice Bar Chocolate Chip Pumpkin Muffin 	27 CHICKEN PARMESAN Mashed Potatoes Fruited Gelatin	28 SPAGHETTI W/MEAT SAUCE Garden Vegetables Fresh Fruit Soft Breadstick	29 POPCORN CHICKEN W/POTATO SMILES Strawberry Applesauce	30 CHEESE PISA PIZZA Carrot Sticks Celery Sticks Fresh Fruit Fall Sprinkle Cookie

National School Lunch Week

***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.



The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a discrimination complaint, write USDA, Director Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer. *MENU SUBJECT TO CHANGE. Preferred Meal Systems does not purchase or produce harmful products containing artificial trans fat. However, some products such as beef & cheese contain naturally occurring trans fat which is not harmful.