


















The Summit Country Day School



October 2008 *Underlined Items Less Than 30% Fat

LOWER SCHOOL MENU				
6	7	8	9	10
Chicken Salad or <u>Baked Chicken Nuggets</u> <u>Baked Potato Wedges</u> Fresh Vegetable Tray (Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Opt. <u>Watermelon or Fruit Choice</u> Milk 	Choice of Ham, Turkey or Salami Hoagie <u>Homemade Chicken Noodle Soup</u> Carrot Sticks <u>Sliced Pears</u> Milk 	<u>Baked Chicken Corndogs or</u> <u>Touch Down Chili w/ Hm. Corn</u> <u>Bread</u> Seasoned Green Beans <u>Fresh Orange Blossoms</u> Animal Crackers Milk 	Awesome Little Sliders (All Beef Burger Cheese opt. or <u>Hard Boiled</u> <u>Egg and Crackers</u> or <u>Veggie Burger</u> <u>Multi Grain Chips</u> <u>Fresh Vegetable Tray (Broccoli, Cherry</u> <u>Tomatoes, Carrots, Celery, Zucchini,</u> <u>Squash) w/ Ranch Opt. Sliced</u> Milk 	<u>Homemade Cheese Pizza,</u> <u>Homemade Vegetarian Pizza or</u> <u>Homemade Pepperoni Pizza</u> <u>Steamed Vegetables</u> <u>Frozen Fruit Juice Bar</u> Milk 
13	14	15	16	17
<u>Hot Baked Breaded Mozzarella</u> <u>Sticks with Marinara Sauce</u> or Beef Ravioli <u>Steamed Fresh Green Beans</u> <u>Sliced Peaches or Watermelon</u> <u>Homemade Cornbread</u> Milk 	Choice of Ham or Turkey on a Soft Pretzel Roll <u>Mixed Salad Green with</u> <u>Vinaigrette or Ranch Dressing</u> <u>Watermelon or</u> <u>Cinnamon Applesauce</u> <u>Fortune Cookie</u> Milk 	<u>Crunchy Oven Baked Chicken</u> <u>Fingers</u> <u>Dino Spaghettios</u> <u>Fresh Vegetable Tray (Broccoli,</u> <u>Cherry Tomatoes, Carrots, Celery,</u> <u>Zucchini, Squash) w/ Ranch Opt.</u> <u>Sliced Oranges and Grapes</u> Milk 	<u>Pasta with Marinara Sauce and</u> <u>Mozzarella Cheese or</u> Spaghetti with Meatballs in Marinara Sauce (<u>Mozzarella Cheese Optional</u>) <u>Seasoned Breadstick</u> <u>Steamed Carrots and Peas</u> <u>1/2 Banana or Fruit Choice</u> Milk 	<u>Herbed Chicken Breast w/ Italian</u> <u>Bow Tie Pasta and Rosemary</u> <u>Focaccia or</u> <u>Grilled Cheese on Wheat and</u> <u>Tomato Soup</u> <u>Seasoned Broccoli, Corn & Carrots</u> <u>Choice of Fruit Fruit</u> Milk 
20	21	22	23	24
<u>Organic Applegate All Beef or</u> <u>Turkey Dog or</u> <u>Hard Boiled Egg with Crackers</u> <u>Homemade Macaroni & Cheese</u> <u>Seasoned Green Beans</u> <u>Sliced Apples or Sliced Peaches</u> Milk 	<u>Hm. Chicken & Cheese</u> <u>Quesadillas or Three Cheese</u> <u>Quesadillas and Rice or</u> French Country Plate (Croissant, <u>Assorted Cheeses & Grapes</u>) Steamed Broccoli <u>Choice of Fruit</u> <u>Animal Crackers</u> Milk 	<u>Hot Italian ComboSandwich</u> (Turkey Breast, Ham, Salami and Cheese) or Turkey Hoagie <u>Fresh Vegetable Tray (Broccoli,</u> <u>Cherry Tomatoes, Carrots, Celery,</u> <u>Zucchini, Squash) w/ Ranch Opt.</u> <u>Applesauce</u> Milk 	<u>Homemade Cheese Pizza,</u> <u>Homemade Vegetarian Pizza or</u> <u>Homemade Pepperoni Pizza</u> <u>Steamed Vegetables</u> <u>Sliced Oranges</u> <u>Teddy Grahams</u> Milk 	Beef and Cheese Burrito or Taco or Taco Salad and <u>Seasoned Rice</u> or Turkey and Ham Wrap <u>Seasoned Carrots</u> <u>Raspberry Sherbet</u> <u>Raisins or Fruit of the Day</u> Milk 

*Can Sub main entrée w/ Asst. Yogurt & Crackers, Cottage Cheese & Crackers, or Wheat Sandwiches including PB&J, Plain PB, or Cheese Sandwich(white bread can be requested)

**Seconds available include: Bagel with Cream Cheese or Wheat Sandwiches including PB&J, Plain PB, or Cheese Sandwich.

Did you have your 5-9 Today?

