



















# The Summit Country Day School



November 2009 \*Underlined Items Less Than 30% Fat

LOWER SCHOOL MENU				
26	27	28	29	30
<p>Chopped Chicken Salad or Baked Chicken Nuggets Mashed Potatoes and Gravy <u>Steamed Corn, Broccoli &amp; Carrots</u> <u>Watermelon or Applesauce</u> Fortune Cookie Milk</p> 	<p><u>New! Teriyaki Chicken over Mixed Wild Rice or Turkey, Ham or Salami on a Hoagie Sandwich and Mixed Wild Rice</u> Fresh Steamed Green Beans Sliced Oranges Cinnamon Bear Graham Crackers Milk</p> 	<p>Awesome Little Sliders (Hand Pattied All Beef Burger) with Cheese optional or <u>Veggie Burger</u> <u>Multi Grain Chips</u> <u>SALAD BAR: Fresh Vegetable Tray with Mixed Lettuce Greens (Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch</u> Sliced Apples/ Milk</p> 	<p><u>Homemade Cheese Pizza with Red and Green Peppers or Homemade Cheese Pizza or Homemade Pepperoni Pizza</u> SALAD BAR: Fresh Vegetable Tray with Mixed Lettuce Greens (Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Opt. Fresh Strawberries or Mixed Berry Smoothie/ Milk</p>  	<p>NO SCHOOL!!! HAPPY HALLOWEEN!</p> 
2	3	4	5	6
<p><u>Hard, Soft Shell Taco or Taco Salad (Chicken or Beef) with Chipotle Sauce opt.</u> Corn Chips Fresh Vegetable Tray (Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Opt. <u>Apple Sauce</u> Milk</p> 	<p><u>Bow Tie Pasta with Grilled Chicken and Pesto or Sloppy Joe Sandwich</u> Roasted Fresh Green Beans Sliced Peaches or Fresh Fruit Fruit Troll Milk</p> 	<p><u>Crunchy Oven Baked Chicken Fingers or Hard Boiled Egg w/ Crackers</u> Dino Spaghetios Carrot/ Broccoli Trees in Forest with Sunshine Tomatoes :) Sliced Oranges and Grapes Homemade Brownie Milk</p> 	<p><u>Pasta with Marinara Sauce and Mozzarella Cheese or Spaghetti with Homemade Meatsauce</u> Parmesan optional Seasoned Breadstick Steamed Vegetables Sliced Peaches and Strawberries Milk</p> 	<p>Grilled Cheese on Wheat or Grilled Cheese with Bacon or <u>Homemade Tuna Salad &amp; Crackers or Hard Boiled Egg and Crackers</u> Emeril Lagasse's <u>First Alphabet Soup</u> Seasoned Broccoli, Corn &amp; Carrots Choice of Fruit Fruit Milk</p> 
9	10	11	12	13
<p><u>Organic Applegate All Beef or Turkey Dog or Hard Boiled Egg with Crackers</u> Homemade Macaroni &amp; Cheese Seasoned Green Beans Sliced Apples or Raisins Milk</p> 	<p><u>Hm. Chicken &amp; Cheese Quesadillas or Three Cheese Cool Quesa w/ Sautéed Peppers, Salsa and Sour Cream optional or French Country Plate (Croissant, Assorted Cheeses &amp; Grapes)</u> <u>Mixed Rice and Steamed Broccoli with Seasoning Salt</u> Strawberry, Oranges, and Grapes Animal Crackers Milk</p> 	<p>Homemade Chicken Pot Pie with Biscuits or <u>Turkey Whole Wheat Hoagie or Turkey, Ham, Salami on Whole Wheat</u> Fresh Vegetable Tray (Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Opt. Sliced Apples Chocolate Pudding Milk</p> 	<p>Brunch for Lunch <u>Whole Wheat French Toast Sticks</u> with Syrup and Crisp Bacon or <u>Turkey Sandwich</u> Fresh Orange Juice Fresh Fruit Cup or Mixed Berry Smoothie Milk</p> 	<p><u>Baked Sliced Chicken Breast and Spaghetti with Parmesan or Spaghetti with Cheese</u> Herbed Tuscan Flat Bread Steamed Vegetables Fresh Fruit Cup Milk</p> 

\*Can Sub main entrée w/ Asst. Yogurt, 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?

