

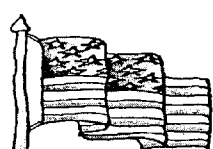









SEPTEMBER

Director, Food & Nutrition Dept:
Sue Uselding 262-253-3419

KMS/GHS 2011 Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>Please see the attached breakfast pamphlet for breakfast information</p> 	<p>KMS/GHS Prices:</p> <p>\$ 2.25 Daily Lunch \$ 3.00 Adult Daily Lunch \$.25 MILK</p> <p>Milk is included with each student meal.</p>		<p>¹ Pepperoni Wedge Pizza Large Corn Dog Grilled Chicken Patty Sandwich w/Lettuce Baked French Fries Romaine Lettuce Salad w/Assorted Dressings Chilled Watermelon Wedge Ice Cream Sandwich</p>	<p>² Sub Sandwich Bar (Ham or Turkey) w/Bag of Chips, 100% Juice Cup and Applesauce French Toast Sticks w/Cheese Omelet Cheeseburger in Bun w/Lettuce & Pickles Crisp Hash Brown Potatoes 100% Juice Cup</p>	<p>Cal 843 T Fat 25.99 G S Fat 8.6 G Chol 75.0 Mg Sodm 1579.89 Mg Carb 120.33 G Fiber 6.9 G Prtn 34.27 G Iron 4.94 Mg Calc 576.35 Mg Vit A 303.62 RE Vit C 32.87 Mg</p>
<p>5 LABOR DAY</p>  <p>NO SCHOOL</p>	<p>6 Taco Nachos w/Meat & Cheese Sauce Chicken & Cheese Enchilada w/Salsa Rib-B-Que Sandwich Cheesy Refried Beans Chilled Peaches Bag of Ciochoppers</p> 	<p>7 Big Daddy Cheese Pizza Spicy Chicken Patty Sandwich BBQ Pulled Pork Sandwich Seasoned Peas Chilled Peas Frozen Sherbet</p> 	<p>8 Italian Spaghetti w/Meat Sauce & Garlic Bread Large Corn Dog Bacon Cheeseburger w/Shredded Lettuce Romaine Lettuce Salad w/Assorted Dressings Seasoned Whole Kernel Corn Red Delicious Apple</p>	<p>9 Sub Sandwich Bar (Turkey or Tuna Salad) w/Bag of Chips, 100% Juice Cup and Applesauce G-Town Sandwich Coyote Chicken Quesadilla Baked French Fries Baby Carrots & Cucumbers w/Ranch Dip Chilled Applesauce</p>  <p>Go Team G!</p>	<p>Cal 1000 T Fat 31.52 G S Fat 9.2 G Chol 60.7 Mg Sodm 2261.25 Mg Carb 136.82 G Fiber 11.6 G Prtn 46.01 G Iron 5.76 Mg Calc 869.46 Mg Vit A 548.71 RE Vit C 26.88 Mg</p>
<p>12 Chicken Teriyaki Bites Turkey Egg Roll w/Sweet Sour Sauce Chicken Patty Sandwich w/Shredded Lettuce Mnn's Vegetable Fried Rice w/Gravy Seasoned Mixed Vegetable Chilled Pineapple Fortune Cookie</p>	<p>13 Sub Sandwich Bar (Ham or Italian) w/Bag of Chips, Chilled Peas and Frozen Shape Up Taco Nachos w/Meat & Cheese Sauce Chicken Fajita w/Lettuce & Cheese Cheesy Refried Beans Chilled Peas Sour Apple Shape Up</p>	<p>14 Big Daddy Cheese Pizza Bosco Stick w/Marinara Sauce Chicken Parmesan Sandwich Baked Tater Tots Seasoned Green Beans Chilled Applesauce Cup</p> 	<p>15 Popcorn Chicken Turkey & Gravy Oven Baked Chicken-on-the-Bone Whipped Potatoes w/Lite Gravy Romaine Lettuce Salad w/Assorted Dressings Assorted Warm Vegetables Cinnamon Roll w/Cinnamon & Sugar</p>	<p>16 Sub Sandwich Bar (Ham or Egg Salad) w/Bag of Chips, 100% Juice Cup and Orange Smiles BBQ Pulled Pork Sandwich Cheeseburger in Bun w/Lettuce & Pickles Stadium Pork & Beans Baby Carrots & Cucumbers w/Ranch Dip Orange Smiles</p>	<p>Cal 692 T Fat 19.65 G S Fat 5.4 G Chol 73.5 Mg Sodm 1584.81 Mg Carb 97.71 G Fiber 7.2 G Prtn 32.88 G Iron 4.81 Mg Calc 497.53 Mg Vit A 425.69 RE Vit C 34.76 Mg</p>
<p>19 Whole Grain Corn Puppies w/Condiments Sloppy Joe Sandwich Breaded Pork Patty Sandwich Baked Spudster Potatoes Stadium Pork & Beans Chilled Fruit Cocktail Power Alley Bar</p> 	<p>20 Sub Sandwich Bar (Ham or Bologna) w/Bag of Chips, 100% Juice Cup and Orange Smiles Soft Shell Taco w/Meat Cheese & Lettuce Bacon Cheeseburger w/Shredded Lettuce Baked Sweet Potato Fries Cheesy Refried Beans Orange Smiles</p>	<p>21 Big Daddy Cheese Pizza Meatball Teriyaki Hoagie Chicken Patty Sandwich w/Shredded Lettuce Seasoned Broccoli Chilled Applesauce Bag of Harvest Cheddar Sun Chips</p> 	<p>22 Popcorn Chicken Macaroni & Cheese Oven Baked Chicken-on-the-Bone Seasoned Green Beans Romaine Lettuce Salad w/Assorted Dressings Whole Grain French Bread Mandarin Oranges w/Grapes</p>	<p>23 Sub Sandwich Bar (Turkey or Combo) w/Bag of Chips, Chilled Peaches and Frozen Shape Up Fish Nuggets w/WG French Bread Whole Grain French Bread Pepperoni Pizza Baked Spudster Potatoes Chilled Peaches Ice Cream Sandwich</p>	<p>Cal 863 T Fat 28.03 G S Fat 8.3 G Chol 77.8 Mg Sodm 1776.04 Mg Carb 119.36 G Fiber 8.0 G Prtn 36.91 G Iron 5.42 Mg Calc 511.95 Mg Vit A 385.72 RE Vit C 28.77 Mg</p>
<p>26 Chicken Nuggets w/Whole Grain French Bread Warm Ham & Cheese Wrap Rib-B-Que Sandwich Baked French Fries Carrots & Celery w/Ranch Dip Seasoned Cauliflower Chilled Fruit Cocktail</p>	<p>27 Sub Sandwich Bar (Ham or Turkey) w/Bag of Chips, 100% Juice Cup and Apple Taco Nachos w/Meat & Cheese Sauce Meatball Hoagie w/Melted Mozzarella Cheese Corn & Black Bean Salsa Cheesy Refried Beans or Seasoned Green Beans Apple Wedges</p>	<p>28 Big Daddy Cheese Pizza Chicken & Cheese Quesadilla w/Salsa & SC Cinnamon French Toast w/Scrambled Eggs Seasoned Peas Chilled Applesauce 100% Juice Cup</p> 	<p>29 Italian Spaghetti w/Meat Sauce & Lite Mozz Cheese Large Corn Dog Bacon Cheeseburger w/Shredded Lettuce Romaine Lettuce Salad w/Assorted Dressings Seasoned Green Beans Bag of Harvest Cheddar Sun Chips</p>	<p>30 Sub Sandwich Bar (Ham or Club) w/Bag of Chips, Fresh Fruit and Sherbet Bosco Stick w/Marinara Sauce Fish & Cheese Sandwich Baked Tater Tots Sweet Carrot Coins Raspberry Sherbet</p>	<p>Cal 715 T Fat 21.00 G S Fat 6.4 G Chol 61.8 Mg Sodm 1362.16 Mg Carb 100.30 G Fiber 8.5 G Prtn 31.31 G Iron 6.84 Mg Calc 596.95 Mg Vit A 646.34 RE Vit C 40.08 Mg</p>

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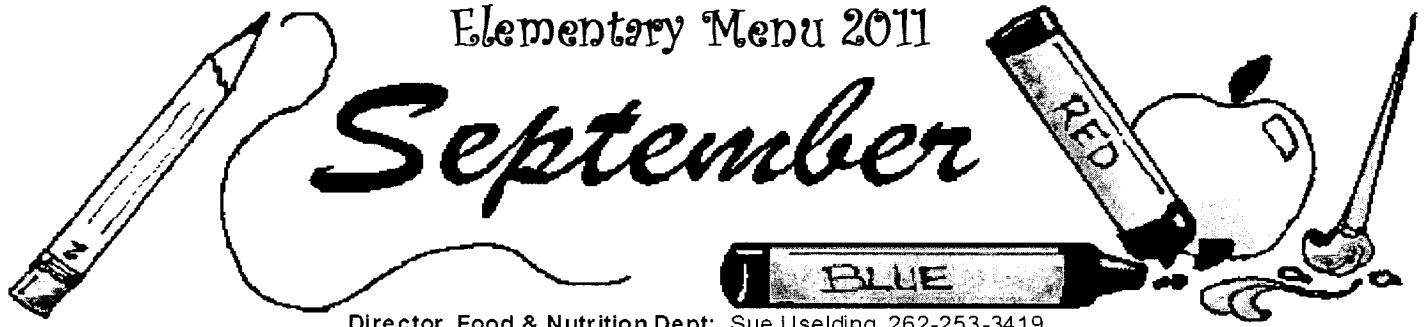
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Account Balance: Please access your account on-line at www.Germantownschoools.org. Make checks payable to: Germantown Food & Nutrition and include your child's name on your payment.

Elementary Menu 2011

September

Director, Food & Nutrition Dept: Sue Uselding 262-253-3419



Monday

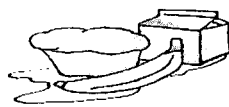

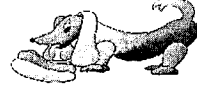






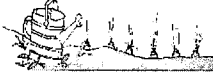












Tuesday

Wednesday

Thursday

Friday

Nutrients

<p>Please see the attached breakfast pamphlet for breakfast information.</p> 	<p>ELEMENTARY LUNCH PRICES:</p> <p>\$2.00 Daily \$2.75 Adult Daily Lunch \$.25 Milk</p> <p>Milk is included with each student meal.</p>		<p>1 Grilled Chicken Patty Sandwich w/Lettuce Plump Hot Dog in a Bun Baked French Fries Chilled Watermelon Wedge Ice Cream Sandwich</p> 	<p>2 Cinnamon French Toast w/Cheese Omelet Cheeseburger in Bun w/Lettuce & Pickles Chilled Applesauce 100% Juice Cup Assorted Desserts</p> 	<p>Cal 800 T Fat 26.14 G S Fat 8.2 G Chol 105.8 Mg Sodm 1421.19 Mg Carb 112.81 G Fiber 4.5 G Prtn 30.84 G Iron 3.81 Mg Calc 474.73 Mg Vit A 186.94 RE Vit C 28.91 Mg</p>
<p>5 LABOR DAY</p>  <p>NO SCHOOL</p>	<p>6 Taco Nachos w/Meat & Cheese Sauce Chef Salad w/Assorted Dressing Cheesy Refried Beans Chilled Peaches Bag of Ciochoppers</p> <p>Try a Salad Today!</p> 	<p>7 Cheese Flatbread Submarine Sandwich w/Shredded Lettuce Seasoned Peas Chilled Peas Frozen Sherbet</p> 	<p>8 Italian Spaghetti w/Meat Sauce & French Bread Large Corn Dog Romaine Lettuce Salad w/Assorted Dressings Seasoned Whole Kernel Corn Apple Wedges</p> 	<p>9 Pizza Dippers w/Marinara Sauce Coyote Chicken Quesadilla Baked French Fries Baby Carrots & Cucumbers w/Ranch Dip Chilled Applesauce</p> 	<p>Cal 696 T Fat 19.88 G S Fat 6.5 G Chol 40.3 Mg Sodm 1411.95 Mg Carb 100.43 G Fiber 8.2 G Prtn 30.75 G Iron 8.71 Mg Calc 803.17 Mg Vit A 372.86 RE Vit C 24.28 Mg</p>
<p>12 Chicken Teriyaki Bites Turkey Egg Roll w/Sweet Sour Sauce Fluffy Whole Grain Rice w/Lite Gravy Seasoned Whole Kernel Corn Chilled Pineapple Fortune Cookie</p>	<p>13 Taco Nachos w/Meat & Cheese Sauce Chicken Fajita w/Lettuce & Cheese Sweet Carrot Coins Chilled Peas Sour Apple Shape Up</p> 	<p>14 Cinnamon French Toast w/Cheese Omelet Bosco Stick w/Marinara Sauce Seasoned Green Beans 100% Juice Cup Yogurt Cup</p> 	<p>15 Popcorn Chicken Oven Baked Chicken-on-the-Bone Whipped Potatoes w/Lite Gravy Romaine Lettuce Salad w/Assorted Dressings Cinnamon Roll w/Cinnamon & Sugar</p> 	<p>16 Cheesy Cheese Pizza BBQ Pulled Pork Sandwich Baby Carrots & Cucumbers w/Ranch Dip Orange Smiles</p> 	<p>Cal 633 T Fat 15.84 G S Fat 4.4 G Chol 64.8 Mg Sodm 1235.49 Mg Carb 93.54 G Fiber 5.5 G Prtn 30.03 G Iron 3.98 Mg Calc 527.31 Mg Vit A 585.08 RE Vit C 39.74 Mg</p>
<p>19 Whole Grain Corn Puppies w/Condiments Sloppy Joe Sandwich Stadium Pork & Beans Chilled Fruit Cocktail Bug Bites (Cinnamon Grahams)</p> 	<p>20 Soft Shell Taco w/Meat Cheese & Lettuce Bacon Cheeseburger w/Shredded Lettuce Baked Sweet Potato Fries Cheesy Refried Beans Orange Smiles</p> 	<p>21 Round Cheese Pizza Submarine Sandwich w/Shredded Lettuce Seasoned Broccoli Chilled Applesauce Bag of Harvest Cheddar Sun Chips</p> 	<p>22 Popcorn Chicken Macaroni & Cheese Seasoned Green Beans Romaine Lettuce Salad w/Assorted Dressings Whole Grain French Bread Mandarin Oranges w/Grapes</p> 	<p>23 Plump Hot Dog in a Bun Fish Nuggets w/WG French Bread Baked Spudster Potatoes Chilled Peaches Ice Cream Sandwich</p> 	<p>Cal 755 T Fat 24.75 G S Fat 7.8 G Chol 51.1 Mg Sodm 1688.36 Mg Carb 103.16 G Fiber 6.5 G Prtn 32.65 G Iron 7.46 Mg Calc 554.44 Mg Vit A 454.92 RE Vit C 27.76 Mg</p>
<p>26 Chicken Nuggets w/Whole Grain French Bread Warm Ham & Cheese Wrap Carrots & Celery w/Ranch Dip Chilled Fruit Cocktail</p> 	<p>27 Taco Nachos w/Meat & Cheese Sauce Lettuce Salad w/Diced Ham, Cheese & Cinn Roll Seasoned Whole Kernel Corn Red Delicious Apple</p> 	<p>28 Chicken & Cheese Quesadilla w/Salsa & SC Cinnamon French Toast w/Scrambled Eggs Seasoned Peas Chilled Applesauce Chilled Orange Juice Cup</p> 	<p>29 Italian Spaghetti w/Meat Sauce & Lite Mozz Cheese Whole Grain Corn Puppies w/Condiments Romaine Lettuce Salad w/Assorted Dressings Seasoned Green Beans Bag of Harvest Cheddar Sun Chips</p>	<p>30 Bosco Stick w/Marinara Sauce Fish & Cheese Sandwich Baked Tater Tots Sweet Carrot Coins Raspberry Sherbet</p> <p>Go Team Go!</p> 	<p>Cal 661 T Fat 21.19 G S Fat 6.3 G Chol 73.2 Mg Sodm 1257.35 Mg Carb 92.22 G Fiber 7.3 G Prtn 26.80 G Iron 8.40 Mg Calc 545.70 Mg Vit A 645.59 RE Vit C 34.66 Mg</p>

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