

Rickman Elementary School Nutrition Programs

"Be Healthy, Be Cool"

THE WEEK OF

Sep 6, 2010

Menu 1	MONDAY	Menu 2	TUESDAY	Menu 3	WEDNESDAY	Menu 4	THURSDAY	Menu 5	FRIDAY
1/2 CUP	FRUIT OR FRUIT JUICE	1/2 CUP	FRUIT OR FRUIT JUICE	1/2 CUP	FRUIT OR FRUIT JUICE	1/2 CUP	FRUIT OR FRUIT JUICE	1/2 CUP	FRUIT OR FRUIT JUICE
2 oz	no school	2 oz	pancake on stick	2 oz	cinn.raisen biscuit	2 oz	sausage & biscuit	2 oz	Brk. Pizza
1/2 CUP	CHOICE OF CEREAL	1/2 CUP	CHOICE OF CEREAL	1/2 CUP	CHOICE OF CEREAL	1/2 CUP	CHOICE OF CEREAL	1/2 CUP	CHOICE OF CEREAL
1/2 PINT	WHITE,CHOCOLATE, LOWFAT MILK	1/2 PINT	WHITE,CHOCOLATE, LOWFAT MILK	1/2 PINT	WHITE,CHOCOLATE, LOWFAT MILK	1/2 PINT	WHITE,CHOCOLATE, LOWFAT MILK	1/2 PINT	WHITE,CHOCOLATE, LOWFAT MILK
LUNCH									
	SALAD BAR		SALAD BAR		SALAD BAR		SALAD BAR		SALAD BAR
2 oz.	no school	2 oz.	pizza stick w/string ch	2 oz.	Hamburger	2 oz.	chili cheese nachos	2 oz.	Hot Dogs
2 oz.		2 oz.	Deli Ham sand.	2 oz.	cheeseburgers	2 oz.	tuna salad sand.	2 oz.	Deli Turkey sand.
1/2 CUP	no school	1/2 CUP	garden tossed salad	1/2 CUP	Baked Beans	1/2 CUP	curly fries	1/2 CUP	T.T. Fries
1/2 CUP		1/2 CUP	S.S. Fries	1/2 CUP	Lettuce/Tomatoes	1/2 CUP	garden tossed salad	1/2 CUP	garden tossed salad
1/2 CUP	no school	1/2 CUP	fruit	1/2 CUP	K.K. Fries <i>Pickles/Onions</i>	1/2 CUP	salsa	1/2 CUP	fruit
1/2 CUP		1/2 CUP	cookies	1/2 CUP	oranges	1/2 CUP	Fruit	1/2 CUP	Pudding Vanilla
4 oz / 2 slices	no school	4 oz / 2 slices	Pizza Crust	4 oz / 2 slices	H.B. Bun	4 oz / 2 slices	Tortilla Chips	4 oz / 2 slices	Hot Dog Bun
			www bread		H.B. Bun		www bread		www bread
1/2 PINT	WHITE, CHOCOLATE, LOWFAT MILK	1/2 PINT	WHITE, CHOCOLATE, LOWFAT MILK	1/2 PINT	WHITE, CHOCOLATE, LOWFAT MILK	1/2 PINT	WHITE, CHOCOLATE, LOWFAT MILK	1/2 PINT	WHITE, CHOCOLATE, LOWFAT MILK

This institution is an equal opportunity provider.