

# OCTOBER 2009

NATIONAL SCHOOL LUNCH WEEK OCT. 9 - 16.  
LUNCH MENU

"ALL STAR SCHOOL LUNCH"


JOHNSON COUNTY SCHOOLS

1/2 PINT OF MILK SERVED DAILY



**Eat Right,  
Play Hard**

**NSLW  
October 12 - 16  
2009**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>DID YOU KNOW?</b> Cucumbers are 96% water. Pomme means apple in French. There are more than 7,000 varieties of apples grown worldwide. The world's largest pumpkin weighted in at over 1,500 pounds.</p>	<p> <b>It would take 7 cups of raw broccoli or 5 oranges to equal the amount of calcium found in a single glass of milk.</b></p>	<p></p>	<p>1 Chicken Noodle Soup P.B. &amp; Jelly Sandwich Yogurt Veggie Sticks Apple Wedges Brownie</p> <p></p>	<p>2 Ham &amp; Cheese Wrap Tator Tots Lettuce, Tomato Pear</p>
<p>5 Corn Dog Nuggets Mixed Greens Mash Potatoes Carrots with Dip Peaches 1 Slice W.W. Bread</p> <p></p>	<p>6 Baked Chicken Salad Broccoli with Cheese W.W. Roll Pineapple</p> <p></p>	<p>7 B-B-Q on Whole Wheat Bun French Fries Vegetarian Beans Grapes</p> <p></p>	<p>8 Baked Ham or Pork Roast Seasoned Tiny Whole Potatoes Green Beans W.W. Roll Mixed Fruit with Apples &amp; Marshmallows</p> <p></p>	<p>9 "Taurasi's Teriyaki" Beef Teriyaki Nuggets Egg Roll Rice Tossed Salad Orange Wedges</p> <p></p>
<p>12 Fall Break No School</p> <p></p>	<p>13 "Dwight's Quesadilla" Quesadilla Mexicali Corn Broccoli &amp; Califlower with Dip Green Apple Slices</p> <p></p>	<p>14 "Vince's Veggies" Chef Salad with Turkey, Cheese &amp; Eggs Strawberries Bread Sticks</p> <p></p>	<p>15 "Nash's Noodles" Chicken Whole Grain Noodles with Marinara Sauce Green Beans Fruit Salad Whole Grain Garlic Roll</p>	<p>16 "CP's Pizza" Pizza Carrots w/ Lofat Dressing Kiwi Brownie</p> <p></p>
<p>19 Grilled Chicken with Sauce Rice Oriental Vegetables Veggies &amp; Dip Slice W.W. Bread Pear Half</p> <p></p>	<p>20 "Brunch For Lunch" Sausage or Ham Eggs Hash Brown Patty Biscuit Gravy Spiced Apples</p>	<p>21 Nacho's with Ground Beef Cheese Baked Potato Salad Corn Peaches</p> <p></p>	<p>22 Popcorn Chicken Tiny Whole Potatoes Green Beans Orange Wedges W.W. Roll Cookie</p> <p></p>	<p>23 Hamburger Lettuce, Tomato, Onion &amp; Pickle Potato Wedges Apple Wedges</p>
<p>"RED RIBBON WEEK" 26 Beef Nuggets Macaroni &amp; Cheese Pinto Beans Cole Slaw Cornbread Mixed Fruit</p> <p></p>	<p>27 "Red Food Day" Ravioli or Spaghetti Salad with Red Tomatoes Italian Green Beans Garlic Toast Red Applesauce Red Gelatin with Topping</p> <p></p>	<p>28 Deli Turkey &amp; Cheese Sandwich or Wrap Potato Rounds Broccoli Red Grapes</p>	<p>29 Chicken Fryz Mash Potatoes Peas &amp; Carrots Apple Wedges W.W. Roll</p>	<p>30 Scary Pizza Black Cat Salad Graveyard Corn Squeaky Peaches Magic Milk Witchy Free Ice Cream</p> <p></p>

In accordance with Federal law and the U. S. Dept. of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call 800-795-3272 or 202-720-6382 (TTY).  
USDA is an equal opportunity provider and employer.