




STIOUX CITY COMMUNITY SCHOOL DISTRICT

October 2009

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Sept. 28 Chili crispito w/cheese sauce Refried beans Baby carrots w/dip Peaches Milk	29 Cheeseburger w/bun Tator rounds Sliced pickle Pineapple pushup Milk	30 Chicken & noodles Bread & butter Celery sticks w/peanut butter Pears Milk	October 1 Big Daddy pepperoni pizza Tossed salad w/dressing Mandarin oranges Pudding Milk	2 Chicken strips w/dip Mashed potatoes & gravy Bread & butter Baby carrots w/dip Peaches Milk
5 Chicken fajita wrap Lettuce/tomato/cheese Salsa Applesauce Milk	6 Cheese quesadillas Lettuce/tomato/cheese Peas Fresh pineapple Milk	7 Chicken pattie on a bun Ranch wedges Sliced carrots Peaches Milk	8 Tavern on a bun Sliced pickle Green beans Fruit cocktail Milk	<p style="text-align: center;">NO SCHOOL</p> <p style="text-align: center;">PROFESSIONAL DEVELOPMENT DAY</p>
12 Corn dog Tri tators Baked beans Sliced oranges Milk	13 Chicken nuggets w/dip Mashed potatoes & gravy Baby carrots w/dip Bread & butter Pears Milk	14 Chili w/crackers Sliced apples Cinnamon roll Fresh sliced orange Milk	15 Big Daddy cheese pizza Tossed salad w/dressing Pears Cookie Milk	16 Taco fiesta Lettuce/tomato/cheese Salsa Fritos Peaches Milk
19 Grilled cheese sandwich Baked beans Pickle spear Mandarin oranges Milk	20 Country fried steak on a bun Mashed potatoes & gravy Corn Pineapple tidbits Milk	21 Chicken veg rice soup w/crackers Baby carrots w/dip Banana Cinnamon roll Milk	22 Ham & cheese stuffer Tossed salad w/dressing Apple/grapes Wheat Thin 100 calorie crackers Fruit jel cup Milk	23 Goulash Bread & butter Corn String cheese Fruit cocktail Milk
26 Beef stroganoff Tossed salad w/dressing Bread & butter Fresh pineapple Cookie Milk	27 BBQ chicken on a bun Baked baby potatoes Pears Goldfish 100 calorie crackers Milk	28 Chili w/crackers Celery sticks w/peanut butter Applesauce Cinnamon roll Milk	29 Chicken strips w/BBQ sauce Mashed potatoes & gravy Baby carrots w/dip Pineapple tidbits Milk	30 Pepperoni pizza sticks w/marinara sauce Tossed salad w/dressing Peaches Cookie Milk
 <p>Pick a better snack</p> <p>TEAM NUTRITION IOWA*</p>	 <p>SIoux CITY COMMUNITY SCHOOLS</p> <p>Challenging Students to Discover Their Unlimited Potential</p>			

Menu subject to change without notice

