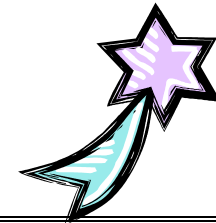



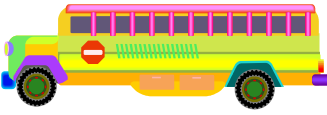


BROOKE ELEMENTARY SCHOOL Royersford, Pennsylvania AUGUST /SEPTEMBER 2009 LUNCH MENU



MONDAY AUGUST 31 st .	TUESDAY SEPTEMBER 1 st .	WEDNESDAY SEPTEMBER 2 nd .	THURSDAY SEPTEMBER 3 rd .	FRIDAY SEPTEMBER 4 th .
1. Chicken Nuggets w/ roll 2. Hot Dog on roll French Fries Corn Fresh Fruit 	1. Cheeseburger on roll 2. Meatballs in a cup w/ roll Green Beans Fresh Fruit Chocolate Chip Cookie	1. Pizza Sticks w/ sauce Mixed Vegetables 2. Chef Salad w/ breadstick Fresh Fruit Juice	1. Hoagie w/ lettuce & tomato 2. P.B. & Jelly Sandwich Asst. Potato Chips Fresh Fruit Juice	NO SCHOOL
7. NO SCHOOL Labor day 	8. 1. Beef Ravioli w/ wh. roll 2. Hot Dog on roll Green Beans Peaches	9. 1. Chicken Nuggets w/ roll 2. Meatball Sub French Fries Corn , Fruit Cookie	10. 1. French Toast Sticks 2. Mini Pancakes Sausage Hash Brown Orange Wedges	11. 1. T.D. Alfredo's Cheese Pizza 2. T.D. Alfredo's pepperoni Pizza Green Beans Jell-O w/ Fruit Juice
14. 1. Pizza Sticks w/ sauce 2. Rib-b-que on roll 3. Hot Dog on roll Vegetables Applesauce	15. 1. Chicken Patty on roll 2. Bacon Ch. Burger on roll 3. Hot Dog on roll Sweet Potato Fries Pears	16. 1. Spaghetti & Meatballs 2. Veal Parmesan w/ bread 3. Hot Dog on roll Green Beans Peaches & Juice	17. 1. Chef Salad w/ Breadstick 2. P.B. & Jelly Sandwich 3. Hot Dog on roll Fresh Fruit Brownie	18. 1.T.D. Alfredo's Cheese Pizza 2.T.D. Alfredo's Pepperoni Pizza 3. Hot Dog on roll Tossed Salad Fresh Fruit Juice
21. 1. Toasted Cheese Sand. 2. Pizza Bob Sandwich 3. Cheeseburger on roll Chicken noodle or Tomato soup Goldfish crackers Applesauce	22. 1. Sloppy Joe on roll 2. Hot Dog on roll 3. Cheeseburger on roll Corn, Tator Tots Fruit Cup Juice	23. 1. Taco Salad w/lettuce, tomato, Cheese & sour cream 2. Chicken Quesadilla 3. Cheeseburger on roll Corn Fruit Cup Oatmeal Raisin cookie	24. 1. Hot Turkey Sandwich 2. Salisbury Steak w/ roll 3. Cheeseburger on roll Whipped Potatoes Peas Applesauce	25. 1. T.D. Alfredo's Cheese Pizza 2. T.D. Alfredo's Pepperoni Pizza 3. Cheeseburger on roll Green Beans Peaches & Juice
28. NO SCHOOL	29. 1. Chef Salad w/ breadstick 2. Cereal w/ fruit yogurt & Mini soft pretzel 3. Hot Dog on roll Fresh Apple Slices Juice	30. 1. Pizza Sticks w/ sauce 2. Cheese Ravioli w/ garlic bread 3. Hot Dog on roll Green Beans Warm Cinnamon Apples Juice		EXTRA ENTRÉE- \$1.00 Low Fat Milk- .40 Low Fat Chocolate Milk-.40 8 oz. Apple Juice- .50 8 oz. Orange Juice- .50 8 oz. Spring Water- .50
			School Lunch consists of Minimum: 2 oz. Protein ¾ cup Fruit/Vegetable 2 Bread 8 oz. milk –any flavor	