

Cranston Elementary School Lunch Menu - Sept. 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 NO SCHOOL	30 MUST SELECT ONE: #1 chicken tenders with whole wheat roll #2 Ham and Cheese on whole wheat Roll #3 Cheese Sandwich MAY SELECT UP TO THREE: Glazed Carrots Chilled Fruit Fresh Apple MAY SELECT ONE: Milk	31 MUST SELECT ONE: #1 Cheeseburger #2 Turkey and Cheese on whole wheat sub #3 Chicken Caesar Salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Fresh Grapes Sliced Cucumbers with Dip Chilled Fruit MAY SELECT ONE: Milk	1 V MUST SELECT ONE: #1 Mac and cheese with whole wheat dinner roll #2 Tuna on whole wheat roll #3 Chicken Caesar Salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Strawberries Tossed Salad with Dressing Chilled fruit MAY SELECT ONE: Milk	2 SP MUST SELECT ONE: #1 Big Daddy Cheese Pizza #2 Soft Pretzel and 4oz. yogurt #3 Chicken Caesar Salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Chilled Fruit *Bell Pepper Strips with dip Three Bean Salad MAY SELECT ONE: Milk *Produce of the month
5 NO SCHOOL Sodexo Services is proud to be your food service provider for a second year Our office number is 401-270-8685 Lynne R. Conca General Manager	6 MUST SELECT ONE: #1 Popcorn Chicken with Breadstick #2 Soft Pretzel and 4oz. yogurt SP #3 Asian chicken Salad w/ oriental dressing #4 Cheese Sandwich MAY SELECT UP TO THREE: Fresh Apple Chilled Fruit Pasta salad MAY SELECT ONE: Milk	7 MUST SELECT ONE: #1 Breakfast for Lunch Egg, ham, and Cheese Sandwich on English Muffin #2 Soft Pretzel and 4oz. yogurt SP #3 Asian chicken Salad w/ oriental dressing #4 Cheese Sandwich MAY SELECT UP TO THREE: Animal Cracker Chilled fruit Home Fries MAY SELECT ONE: Milk	8 SP MUST SELECT ONE: #1 Beef Nachos w or w /o Cheese Sauce and salsa #2 Soft Pretzel and 4oz. yogurt #3 Asian chicken Salad w/ oriental dressing #4 Cheese Sandwich MAY SELECT UP TO THREE: carrots chilled fruit Tossed Salad with Dressing MAY SELECT ONE: Milk	9 SP MUST SELECT ONE: #1 Big Daddy Cheese Pizza #2 Soft Pretzel and 4oz. yogurt #3 Asian chicken Salad w/ oriental dressing #4 Cheese Sandwich MAY SELECT UP TO THREE: Fresh Orange smiles Chilled Fruit Broccoli with Dip MAY SELECT ONE: Milk
12 MUST SELECT ONE: #1 Chicken Tenders with Whole wheat roll #2 Italian Wrap #3 poppin' chicken salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Marinated green beans Chilled fruit Fresh plum MAY SELECT ONE: Milk	13 MUST SELECT ONE: #1 Mini Corn Dog #2 Ham & cheese on Wheat Bulkie #3 poppin' chicken salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Golden Corn Tossed Salad with Dressing Chilled Fruit MAY SELECT ONE: Milk	14 MUST SELECT ONE: #1 Pasta w/ Meatballs #2 Chicken Bacon Ranch Wrap #3 poppin' chicken salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Chilled Fruit Fresh Zucchini with Dip Fresh Grapes MAY SELECT ONE: Milk	15 MUST SELECT ONE: #1 Chicken Patty Sandwich #2 turkey on a whole wheat roll with lettuce #3 poppin' chicken salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Broccoli and White Bean Salad Chilled fruit Fresh Banana MAY SELECT ONE: Milk	16 MUST SELECT ONE: #1 Big Daddy Cheese Pizza #2 tuna on Whole Wheat Sub #3 poppin' chicken salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Celery Sticks with Dip Chilled Fruit Fresh Peach MAY SELECT ONE: Milk
19 MUST SELECT ONE: #1 Popcorn chicken with wheat Italian bread #2 Bologna and Cheese on whole wheat Roll #3 Peppi Pizza salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Chilled fruit Oven Fries *Bell peppers with dip MAY SELECT ONE: Milk *Produce of the month	20 MUST SELECT ONE: #1 chicken and Gravy with mashed potatoes #2 Ham and turkey with lettuce on whole wheat Roll #3 Peppi Pizza salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Golden Corn Fresh Apple chilled fruit MAY SELECT ONE: Milk	21 "ALL LOCAL DAY" MUST SELECT ONE: #1 Pasta with Locally made Catanzaro sauce #2 Saugy Hotdog on Locally Baked Roll V #3 Garden Salad with Local Greens #4 Cheese Sandwich on locally baked wheat bread MAY SELECT UP TO THREE: Ice Cream Machine - Locally baked low fat chocolate chip cookie Local Stone Fruit Local Grown Cucumbers with Dip MAY SELECT ONE: Rhody Fresh Milk L	22 V MUST SELECT ONE: #1 Breakfast for Lunch French Toast Stix w/ syrup and Egg #2 tuna on whole wheat wrap with Lettuce #3 Peppi Pizza salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Chilled fruit Baked Cinnamon apples Fresh Banana MAY SELECT ONE: Milk	23 MUST SELECT ONE: #1 Big Daddy Cheese pizza #2 Bagel w/ Cream Cheese & 4oz. Yogurt #3 Peppi pizza salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Chilled fruit Peach Cup Caesar salad with Dressing MAY SELECT ONE: Milk
26 MUST SELECT ONE: #1 Chicken tenders with wheat Italian bread #2 Meatball Sub on whole wheat Roll #3 Chicken BLT salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Chilled fruit Glazed Carrots Tiny Pretzels MAY SELECT ONE: Milk	27 MUST SELECT ONE: #1 Cheeseburger #2 Ham and Cheese on whole wheat Roll #3 Chicken BLT Salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Pasta Salad Fresh orange smiles Chilled Fruit MAY SELECT ONE: Milk	28 MUST SELECT ONE: #1 Pasta and Meat Sauce with whole wheat roll #2 Chicken Salad on whole wheat roll with lettuce #3 Chicken BLT salad #4 Cheese Sandwich MAY SELECT UP TO THREE: Chilled fruit Tossed Salad with Dressing Jello with Topping MAY SELECT ONE: Milk *Lucky Tray Day	29 NO SCHOOL <u>PRODUCE OF THE MONTH:</u> Peppers Served on Sept. 2nd and 19th Green and red bell peppers come from the same plant. As they ripen and mature, their color changes from green to red and become sweeter. That's why red peppers are sweeter than green peppers.	30 NO SCHOOL <u>LUCKY TRAY DAY</u> September 28th Anyone that participates in the lunch program is entered to win a cool prize Look on the back of your lunch tray to find the winning sticker. A Variety of fruit is served on a daily basis