



Storm Lake Schools Lunch Menu

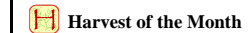
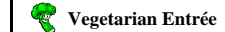


**September
2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SEPTEMBER HARVEST OF THE MONTH</p> <p>Heirloom Tomato Melons Basil</p>	<p><i>Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.</i></p>	<p>1 BKF Sandwich</p> <p>Tex Mex Pork over Rice</p> <p>Whole Grain Bread</p> <p>Alternative Entrées Salad Bar Slider Combo</p>	<p>2 BKF Pizza</p> <p>Chicken Tenders Baked Potato Halves Vegetable Medley</p> <p>Alternative Entrées Salad Bar Turkey Ranch Wrap</p>	<p>3 Cereal/Donut</p> <p>11:30 Dismissal</p> <p>Alternative Entrées Salad Bar Yogurt Pak</p>
<p>6 LABOR DAY</p>	<p>7 Pancake on Stick</p> <p>Southwestern Burger on Whole Grain Bun Pico de Gallo Potato Olés</p> <p>Alternative Entrées Salad Bar Ham & Cheese Sandwich</p>	<p>8 BKF Sandwich</p> <p>Lasagna Primavera Italian Salad Whole Grain Bread</p> <p>Alternative Entrées Salad Bar Buffalo Chicken Wrap</p>	<p>9 BKF Pizza</p> <p>Roasted Cider Pork Baby Red Potatoes Fresh Green Beans Whole Wheat Dinner Roll</p> <p>Alternative Entrées Salad Bar Slider Combo</p>	<p>10 Cereal/Donut</p> <p>Homemade French Toast Scrambled Eggs Warm Cinnamon Apple</p> <p>Alternative Entrées Salad Bar Turkey Ranch Wrap</p>
<p>13 Cereal Toast</p> <p>Oven Roasted Beef Hot Dog Baked Beans Kettle Chips</p> <p>Alternative Entrées Salad Bar Ham & Cheese Sandwich</p>	<p>14 Pancake on Stick</p> <p>Carne Italiano Stromboli Caesar Salad Chocolate Chip Cookie</p> <p>Alternative Entrées Salad Bar Buffalo Chicken Wrap</p>	<p>15 BKF Sandwich</p> <p>Chicken Nuggets Mashed Potatoes & Gravy Broccoli Whole Grain Bread</p> <p>Alternative Entrées Salad Bar Slider Combo</p>	<p>16 BKF Pizza</p> <p>Homemade Patty Melt Oven Fries Cucumber Ranch Salad</p> <p>Alternative Entrées Salad Bar Turkey Ranch Wrap</p>	<p>17 Cereal/Donut</p> <p>Turkey Tetrazzini Mixed Vegetables</p> <p>Alternative Entrées Salad Bar Yogurt Pak</p>
<p>20 Cereal Toast</p> <p>Parmesan Crusted Fish Filet Butter Noodles Sweet Peas Wheat Dinner Roll</p> <p>Alternative Entrées Salad Bar Chicken Salad on Wheat Bun</p>	<p>21 Pancake on Stick</p> <p>Enchiladas Black Beans & Rice</p> <p>Alternative Entrées Salad Bar Turkey Sub</p>	<p>22 BKF Sandwich</p> <p>Chicken Patty on Whole Grain Bun Sweet Potato Fries Cole Slaw</p> <p>Alternative Entrées Salad Bar Italian Sub</p>	<p>23 BKF Pizza</p> <p>Cheese Bread with Marinara Sauce Broccoli Salad</p> <p>Alternative Entrées Salad Bar Chicken Wrap</p>	<p>24 Cereal/Donut</p> <p>Mini Corn Dogs Mac & Cheese Glazed Carrots</p> <p>Alternative Entrées Salad Bar Yogurt Pak</p>
<p>27 Cereal Toast</p> <p>Pizza Parlor Cheese Pizza Italian Tossed Salad</p> <p>Alternative Entrées Salad Bar Chicken Salad on Wheat Bun</p>	<p>28 Pancake on Stick</p> <p>Chicken Divan Whole Grain Pasta Sliced Wheat Bread</p> <p>Alternative Entrées Salad Bar Turkey Sub</p>	<p>29 BKF Sandwich</p> <p>Meat Loaf Mashed Potatoes & Gravy Green Beans Wheat Dinner Roll</p> <p>Alternative Entrées Salad Bar Italian Sub</p>	<p>30 BKF Pizza</p> <p>Eggs Benedict Breakfast Potato Casserole Fresh Fruit Salad</p> <p>Alternative Entrées Salad Bar Chicken Wrap</p>	<p>Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit & Vegetable Bar.</p>

Menus are subject to change without notice.

Prepared From Scratch



FOOD 4 LIFE

It takes about 2 million flower visits by honeybees to produce 1 pound of honey.

BREAKFAST/LUNCH PRICES

Elementary	1.10/1.65
Secondary	1.10/1.70
Reduced	\$0.30/\$0.40
Additional Milk	\$0.30
Adult	\$2.70
Extra Entrée	\$0.90

To check the balance in your account or for additional information, contact:

Cindy Pedersen
712-732-8074
cpedersenslcs.org

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9100 or call (800) 795-3272 or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.



Milk Choice of 1%, Skim and 1% Chocolate is included with Lunch