

September 2010

North Lamar ISD High School Lunch Menus



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1 Taco Salad or Burrito W/Cheese Stick, Salsa, Corn, Peaches, Milk</i>	<i>2 Sloppy Joe or Tuna on Wheat, Baked Beans, Pickles, Mixed Fruit w/Topping, Milk</i>	<i>3 Baked Chicken or B-B-Q on bun, Potato Salad, Celery Sticks, Orange Slices, Wheat Bread, Milk</i>	<i>4</i>
<i>5</i>	<i>6</i> Labor Day Holiday	<i>7 Chicken or Steak on Bun, Lettuce, Tomato, & Pickle, Oven Fries, Peaches, Milk</i>	<i>8 Chicken Spaghetti or Turkey Sandwich, Tossed Salad, Mixed Fruit w/Topping, Hot Roll, Milk</i>	<i>9 Nachos or Quesadillas, Salsa,, Corn, Refried Beans, Strawberries & Bananas, Milk</i>	<i>10 Taco Salad or Beef, Enchiladas, Salsa, Refried Beans, Apple Wedges, Milk</i>	<i>11</i>
<i>12</i>	<i>13 Chicken Nuggets or Steak Fingers, Mashed Potatoes, Green Beans, Peaches, Hot Roll, Milk</i>	<i>14 Chicken Quesadillas, or Fajita, Salsa, Corn, Tossed Salad, Strawberries & Bananas, Milk</i>	<i>15 Fish Nuggets or Tuna on Wheat, Potato Wedges, Cole-slaw, Gelatin Cubes w/Topping, Milk</i>	<i>16 Burrito or Nachos, Corn, Tossed Salad, w/Crackers, Applesauce, Milk</i>	<i>17 Pimento Cheese on Wheat or Sloppy Joe, Carrot Sticks, Oven Fries, Mixed Fruit, Sugar Cookie, Milk</i>	<i>18</i>
<i>19</i>	<i>20 Grilled Cheese or Tuna on Wheat, Pickles, Vegetable Beef Soup w/Crackers, Peaches, Milk</i>	<i>21 Chicken Spaghetti or Chicken Quesadillas, Broccoli & Carrots, Tossed Salad, Pineapple, Milk</i>	<i>22 Chicken Fried Steak or Chicken Nuggets, Mashed Potatoes, Green Beans, Applesauce, Hot Roll, Milk</i>	<i>23 Nachos or Tacos, Tossed Salad, Salsa, Refried Beans, Mixed Fruit Cup, Milk</i>	<i>24 Ham & Cheese or Turkey & Cheese Sub, Pickles, Tater Tots, Pears, Milk</i>	<i>25</i>
<i>26</i>	<i>27 Fish or chicken on Bun, Lettuce, Tomato & Pickle, Oven Fries, Apple Cobbler, Milk</i>	<i>28 Turkey Tetrzzini or Sliced Turkey, Tossed Salad, Peaches, Hot Roll, Milk</i>	<i>29 Taco Salad or enchiladas, Corn, Apple Wedges, Cookie, Milk</i>	<i>30 Salisbury Steak or Meat Loaf, Mashed Potatoes, Peas, Fruit Salad, Hot Roll, Milk</i>	<i>1 BBQ on Bun or Pimento Cheese on Wheat, Ranch Style Beans, Tater Tots, Melon Cubes, Milk</i>	