







**DIVISION OF NUTRITION SERVICES – MEMPHIS CITY SCHOOLS  
OCTOBER ELEMENTARY MENU 2009**

<b>MONDAY</b> <b>September 28, 2009</b>	<b>TUESDAY</b> <b>September 29, 2009</b>	<b>WEDNESDAY</b> <b>September 30, 2009</b>	<b>THURSDAY</b> <b>October 1, 2009</b>	<b>FRIDAY</b> <b>October 2, 2009</b>
<p><b>Choice</b> Turkey Sausage Pizza Chicken Rings </p> <p><b>Choice</b> Baked Beans Southern Style Green Beans Asst. Fresh Fruit Chilled Peaches</p> <p><b>Treat</b> *Cherry Fruit Freeze</p>	<p><b>Choice</b> Burrito w/Chili Corn Dog Nuggets</p> <p><b>Choice</b> Whole Kernel Corn California Blend Vegetables Assorted Fresh Fruit Tropical Fruit Punch</p>	<p><b>Choice</b> Meatloaf Chicken Sandwich</p> <p><b>Choice</b> English Peas &amp; Carrots Fresh Garden Salad Assorted Fresh Fruit Macaroni &amp; Cheese</p> <p><b>Other</b>  Wheat Roll</p>	<p><b>Choice</b> Hamburger Cheeseburger Chicken Salad</p> <p><b>Choice</b> Crinkle Fries Crispy Veggies w/Dip Applesauce Cups Assorted Fresh Fruit</p> <p><b>Other/Treat</b> Crackers MCS Famous Butter Cookie</p>	<p><b>Choice</b>  Sloppy Joe Chicken Tenders</p> <p><b>Choice</b> Corn on the Cob Steamed Broccoli w/Cheese Mandarin Oranges Fresh Garden Salad</p> <p><b>Other</b> Wheat Roll</p>
<p><b>October 5, 2009</b></p> <p><b>Choice</b> Italian Spaghetti Chicken Sandwich</p> <p><b>Choice</b> Crinkle Fries Steamed Baby Carrots Chilled Pears Assorted Fresh Fruit</p> <p><b>Other/Treat</b> Garlic Bread *Cherry Fruit Freeze</p>	<p><b>October 6, 2009</b></p> <p><b>Choice</b> Oven Roasted Chicken Crunchy Tacos</p> <p><b>Choice</b> Corn on the Cob Southern Style Green Beans Assorted Fresh Fruit Applesauce Cup </p> <p><b>Other/Treat</b> Wheat Roll *Belly Bears</p>	<p><b>October 7, 2009</b></p> <p><b>Choice</b> Popcorn Chicken Hot Dog</p> <p><b>Choice</b> Baked Beans California Blend Vegetable Assorted Fresh Fruit Coleslaw</p>	<p><b>October 8, 2009</b></p> <p><b>Choice</b>  Chicken Pot Pie Meatball Sub</p> <p><b>Choice</b> Seasoned Fries Country Mixed Vegetables Assorted Fresh Fruit Fresh Garden Salad</p> <p><b>Other/Treat</b> Wheat Roll *Animal Cookies</p>	<p><b>October 9, 2009</b></p> <p align="center"> <b>Fall Break</b></p>



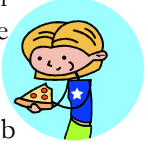
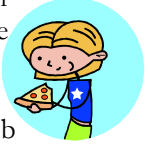



 - Represents Vegetarian Item  
 - Represents Pork Item

**\*MILK – STUDENTS HAVE A CHOICE OF A VARIETY OF MILK. \*MENUS ARE SUBJECT TO CHANGE.\***

\*\*\*TREAT FOR THOSE STUDENTS RECEIVING A PLATE LUNCH CELEBRATING A BIRTHDAY IN THE MONTH OF SEPTEMBER.\*\*\*

“In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, sex, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.”

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OCTOBER ELEMENTARY MENU 2009**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><i>National School Lunch Week ~ All – Star School Lunch</i></b>				
<u>October 12, 2009</u> 	<u>October 13, 2009</u> <b><u>Choice</u></b> Vegetable Quesadilla Chicken Tenders  <b><u>Choice</u></b> Whole Kernel Corn California Blend Vegetables Chilled Mixed Fruit Chilled Pineapple  <b><u>Other/Treat</u></b> Wheat Roll *Belly Bears 	<u>October 14, 2009</u> <b><u>Choice</u></b> Hamburger Cheeseburger Chicken Parmesan  <b><u>Choice</u></b> Crinkle Fries Southern Style Green Beans Fresh Garden Salad Assorted Fresh Fruit  <b><u>Other</u></b> French Bread	<u>October 15, 2009</u> <b><u>Choice</u></b> Pepperoni Pizza Riblet Sandwich Chef Salad Plate   <b><u>Choice</u></b> Corn on the Cob  Broccoli w/Cheese Fresh Garden Salad Assorted Fresh Fruit  <b><u>Other/Treat</u></b> *Tropical Juice Bar	<u>October 16, 2009</u> <b><u>Choice</u></b> Hot Ham & Cheese Sandwich Fish Sticks  <b><u>Choice</u></b> Potato Au Gratin Country Mixed Vegetables Mandarin Oranges Fresh Garden Salad  <b><u>Other</u></b> Wheat Roll
<u>October 19, 2009</u> <b><u>Choice</u></b> Turkey Sausage Pizza Chicken Rings   <b><u>Choice</u></b> Whipped Potatoes Southern Style Green Beans Asst. Fresh Fruit Chilled Peaches  <b><u>Treat</u></b> *Cherry Fruit Freeze	<u>October 20, 2009</u> <b><u>Choice</u></b> Chili Mac Corn Dog Nuggets  <b><u>Choice</u></b> Seasoned Baked Potato California Blend Vegetables Assorted Fresh Fruit Tropical Fruit Punch  <b><u>Other</u></b> French Bread	<u>October 21, 2009</u> <b><u>Choice</u></b> Meatloaf Chicken Sandwich  <b><u>Choice</u></b> English Peas & Carrots Fresh Garden Salad Assorted Fresh Fruit Macaroni & Cheese  <b><u>Other/Treat</u></b> Wheat Roll  *Birthday Cake	<u>October 22, 2009</u> <b><u>Choice</u></b> Sweet & Sour Chicken w/Rice Hamburger or Cheeseburger  <b><u>Choice</u></b> Crinkle Fries Stir Fried Vegetables Crispy Veggies w/Dip Applesauce  <b><u>Other/Treat</u></b> Crackers MCS Famous Butter Cookie	<u>October 23, 2009</u> <b><u>Choice</u></b> Sloppy Joe Chicken Tenders   <b><u>Choice</u></b> Corn on the Cob Steamed Broccoli w/Cheese Mandarin Oranges Fresh Garden Salad  <b><u>Other</u></b> Wheat Roll

 - Represents Vegetarian Item  
 - Represents Pork Item

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