



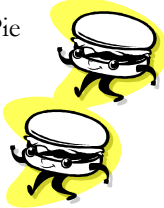



**DIVISION OF NUTRITION SERVICES – MEMPHIS CITY SCHOOLS
OCTOBER SECONDARY MENU 2009**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>September 28, 2009</u>	<u>September 29, 2009</u>	<u>September 30, 2009</u>	<u>October 1, 2009</u>	<u>October 2, 2009</u>
<p><u>Choice</u> BBQ Pork Sandwich Chicken Rings Tuna Salad Cheese Pizza</p> <p><u>Choice</u> Baked Beans Southern Style Green Beans Assorted Fresh Fruit Chilled Peaches</p> <p><u>Other/Treat</u> Crackers *Cherry Fruit Freeze</p> 	<p><u>Choice</u> Burrito w/Chili Corn Dog Nuggets Chef Salad Plate Hot Pocket</p> <p><u>Choice</u> Whole Kernel Corn California Blend Vegetables Assorted Fresh Fruit Tropical Fruit Punch</p>	<p><u>Choice</u> Meatloaf Clux Deluxe Chicken Sandwich Chicken Tender Salad Pepperoni Pizza</p>  <p><u>Choice</u> English Peas & Carrots Fresh Garden Salad Assorted Fresh Fruit Macaroni & Cheese</p> <p><u>Other</u> Wheat Roll/Crackers</p>	<p><u>Choice</u> Hamburger Cheeseburger Chicken Salad Hot Pocket</p> <p><u>Choice</u> Crinkle Fries Crispy Veggies w/Dip Applesauce Cup Assorted Fresh Fruit</p> <p><u>Other/Treat</u> Crackers *MCS Famous Butter Cookie</p>	<p><u>Choice</u> Sloppy Joe Chicken Tenders Chef Salad Plate Big Daddy's Pizza</p> <p><u>Choice</u> Corn on the Cob Broccoli w/Cheese Mandarin Oranges Fresh Garden Salad</p> <p><u>Other</u> Wheat Roll</p> 
<u>October 5, 2009</u>	<u>October 6, 2009</u>	<u>October 7, 2009</u>	<u>October 8, 2009</u>	<u>October 9, 2009</u>
<p><u>Choice</u> Italian Spaghetti Spicy Chicken Sandwich Tuna Salad Cheese Pizza</p> <p><u>Choice</u> Crinkle Fries Steamed Baby Carrots Chilled Pears Assorted Fresh Fruit</p> <p><u>Other</u> Crackers/French Bread</p>	<p><u>Choice</u> Oven Roasted Chicken Crunchy Tacos Chef Salad Plate Hot Pocket</p>  <p><u>Choice</u> Corn on the Cob Southern Style Green Beans Assorted Fresh Fruit Applesauce Cup</p> <p><u>Other/Treat</u> Wheat Roll *Belly Grahams</p>	<p><u>Choice</u> Popcorn Chicken Hot Dog Popcorn Chicken Salad Pepperoni Pizza</p> <p><u>Choice</u> Baked Beans California Blend Vegetables Assorted Fresh Fruit Coleslaw</p> <p><u>Other</u> Wheat Roll</p>	<p><u>Choice</u> Chicken Pot Pie Mini Burgers Chicken Salad Hot Pocket</p>  <p><u>Choice</u> Crinkle Fries Country Mixed Vegetables Assorted Fresh Fruit Fresh Garden Salad</p> <p><u>Other/Treat</u> Wheat Roll/Crackers *Animal Crackers</p>	 <p align="center">Fall Break</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. ***

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V1-8/3/09

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

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

 Represents Vegetarian Item
 - Represents Pork Item

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