

Menus for September 2010

Moore County Schools—High Schools

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www.ncdhhs.gov • www.nutrition.nc.com

Sources: www.ncagr.gov, www.askoxford.com, www.fruitsandveggiesmorematters.org

Wednesday, September 1

Sausage/Chicken Biscuit
Super Donut , Honey Bun
Assorted Brk Snacks
Yogurt & Graham
Assorted Cereals
Breakfast Juice
Milk

Domino's Pizza
Egg Roll
Chicken Tenders
1/2 Cup Steam Rice
1/2 Cup Oriental
Vegetables
1/2 Cup Mandarin Oranges
Milk
Sweet n Sour, Soy Sauce

Thursday, September 2

Fruit Turnover
Super Donut , Honey Bun
Assorted Brk Snacks
Yogurt & Graham
Assorted Cereals
Breakfast Juice
Milk

Chicken Sandwich
Fish Fillet w Cheese
1/2 Cup French Fries
1/4 Cup Cole Slaw
1/4 Cup Pickles
1/2 Cup Pears
Milk
Ketchup, Tarter Sauce, Mayo

Friday, September 3

Sausage/Chicken Biscuit
Super Donut , Honey Bun
Assorted Brk Snacks
Yogurt & Graham
Assorted Cereals
Breakfast Juice
Milk

Domino's Pizza
Meatball Sub
Chicken Quesadilla
1/2 Cup Pasta Salad
1/2 Cup Whole Kernel Corn
1/2 Cup Salsa
1/2 Cup Tropical Fruit
Milk
Sour Cream Cup

Monday, September 6

Tuesday, September 7

Fruit Turnover
Super Donut , Honey Bun
Assorted Brk Snacks
Yogurt & Graham
Assorted Cereals
Breakfast Juice
Milk

Quarter Pound Burger w
Cheese
Chicken Sandwich
1/2 Cup French Fries
1/4 Cup Cole Slaw
1/4 Cup Pickles
Milk

Ketchup, Mustard, Mayo

Wednesday, September 8

Sausage/Chicken Biscuit
Super Donut , Honey Bun
Assorted Brk Snacks
Yogurt & Graham
Assorted Cereals
Breakfast Juice
Milk

Domino's Pizza
1 Cup Mac & Cheese
1/2 Cup Green Beans
1/2 Cup Applesauce
1/2 Cup Strawberry Slushy
Milk

Thursday, September 9

Fruit Turnover
Super Donut , Honey Bun
Assorted Brk Snacks
Yogurt & Graham
Assorted Cereals
Breakfast Juice
Milk

Early Release

Friday, September 10

Sausage/Chicken Biscuit
Super Donut , Honey Bun
Assorted Brk Snacks
Yogurt & Graham
Assorted Cereals
Breakfast Juice
Milk

Domino's Pizza
BBQ on Bun
1/2 Cup French Fries
1/2 Cup Cole Slaw
1/2 Cup Tropical Fruit
Milk

Hot Sauce, Ketchup

Monday, September 13

Sausage/Chicken Biscuit
 Super Donut , Honey Bun
 Yogurt & Graham
 Assorted Cereals
 Breakfast Juice, Milk

Domino's Pizza
 BBQ Ribette
 1/2 Cup French Fries
 1/4 Cup Pickles
 1/2 Cup Applesauce

Milk
 Ketchup, Mustard, Mayo

Tuesday, September 14

Fruit Turnover
 Super Donut , Honey Bun
 Assorted Brk Snacks
 Yogurt & Graham
 Assorted Cereals
 Breakfast Juice, Milk

Chicken Nuggets
 Chicken Fried Steak
 1/2 Cup Mashed Potatoes w Gravy
 1/2 Cup Corn
 1/2 Cup Mixed Fruit
 Biscuit
 Milk
 Assorted Dipping Sauce

Wednesday, September 15

Sausage/Chicken Biscuit
 Super Donut , Honey Bun
 Assorted Brk Snacks
 Yogurt & Graham, Assorted Cereals
 Breakfast Juice, Milk

Domino's Pizza
 Egg Roll, Chicken Tenders
 1/2 Cup Steam Rice
 1/2 Cup Oriental Vegetables
 1/2 Cup Tossed Salad
 1/2 Cup Mandarin Oranges
 Milk
 Sweet n Sour, Soy Sauce, Salad
 Dressing

Thursday, September 16

Fruit Turnover
 Super Donut , Honey Bun
 Assorted Brk Snacks
 Yogurt & Graham
 Assorted Cereals
 Breakfast Juice, Milk

Chicken Sandwich
 Fish Fillet w Cheese
 1/2 Cup French Fries
 1/4 Cup Cole Slaw
 1/4 Cup Pickles
 1/2 Cup Fresh Grapes
 Milk

Ketchup, Mustard, Tarter Sauce, Mayo

Friday, September 17

Sausage/Chicken Biscuit
 Super Donut , Honey Bun
 Assorted Brk Snacks
 Yogurt & Graham
 Assorted Cereals
 Breakfast Juice, Milk

Domino's Pizza
 Meatball Sub
 Chicken Quesadilla
 1/2 Cup Tossed Salad
 1/2 Cup Salsa
 1/2 Cup Tropical Fruit
 Milk

Sour Cream Cup
 Assorted Salad Dressing

Monday, September 20

Sausage/Chicken Biscuit
 Super Donut , Honey Bun
 Yogurt & Graham
 Assorted Cereals
 Breakfast Juice, Milk

Domino's Pizza
 Hot Dog w Chili
 1/2 Cup Baked Beans
 1/4 Cup Cole Slaw
 1/2 Cup Tossed Salad
 Whole Apple
 Milk

Ketchup, Mustard, Mayo
 Assorted Salad Dressing

Tuesday, September 21

Fruit Turnover
 Super Donut , Honey Bun
 Assorted Brk Snacks
 Yogurt & Graham
 Assorted Cereals
 Breakfast Juice, Milk

Quarter Pound Burger w Cheese
 Chicken Sandwich
 1/2 Cup French Fries
 1/2 Cup Lettuce & Tomato
 1/4 Cup Pickles
 1/2 Cup Cantaloupe
 Milk

Ketchup, Mustard, Mayo

Wednesday, September 22

Sausage/Chicken Biscuit
 Super Donut , Honey Bun
 Assorted Brk Snacks
 Yogurt & Graham
 Assorted Cereals
 Breakfast Juice, Milk

Domino's Pizza
 1 Cup Mac & Cheese
 1/2 Cup Green Beans
 1/2 Cup Tossed Salad
 1/2 Cup Applesauce
 Milk

Assorted Salad Dressing

Thursday, September 23

Fruit Turnover
 Super Donut , Honey Bun
 Assorted Brk Snacks
 Yogurt & Graham
 Assorted Cereals
 Breakfast Juice, Milk

Taco
 Chicken Quesadilla
 1/2 Cup Tossed Salad
 1/2 Cup Mexican Corn
 1/2 Cup Pinto Beans
 1/2 Cup Salsa

Taco Sauce, Sour Cream

Friday, September 24

Sausage/Chicken Biscuit
 Super Donut , Honey Bun
 Assorted Brk Snacks
 Yogurt & Graham
 Assorted Cereals
 Breakfast Juice, Milk

Domino's Pizza
 BBQ on Bun
 1/2 Cup French Fries
 1/2 Cup Cole Slaw
 1/2 Cup Tropical Fruit
 Milk

Hot Sauce, Ketchup

Monday, September 27

Sausage/Chicken Biscuit
 Super Donut , Honey Bun
 Yogurt & Graham
 Assorted Cereals
 Breakfast Juice, Milk

Domino's Pizza
 BBQ Ribette
 1/2 Cup French Fries
 1/4 Cup Pickles
 1/2 Cup Applesauce

Milk
 Ketchup, Mustard, Mayo

Tuesday, September 28

Fruit Turnover
 Super Donut , Honey Bun
 Assorted Brk Snacks
 Yogurt & Graham
 Assorted Cereals
 Breakfast Juice, Milk

Chicken Nuggets
 Chicken Fried Steak
 1/2 Cup Mashed Potatoes w Gravy
 1/2 Cup Corn
 1/2 Cup Mixed Fruit
 Biscuit
 Milk

Assorted Dipping Sauce

Wednesday, September 29

Sausage/Chicken Biscuit
 Super Donut , Honey Bun
 Assorted Brk Snacks,
 Yogurt & Graham, Assorted Cereals
 Breakfast Juice, Milk

Domino's Pizza
 Egg Roll, Chicken Tenders
 1/2 Cup Steam Rice
 1/2 Cup Oriental Vegetables
 1/2 Cup Tossed Salad
 1/2 Cup Mandarin Oranges
 Milk

Sweet n Sour, Soy Sauce
 Assorted Salad Dressing

Thursday, September 30

Fruit Turnover
 Super Donut , Honey Bun
 Assorted Brk Snacks
 Yogurt & Graham
 Assorted Cereals
 Breakfast Juice, Milk

Chicken Sandwich
 Fish Fillet w Cheese
 1/2 Cup French Fries
 1/4 Cup Cole Slaw
 1/4 Cup Pickles
 1/2 Cup Fresh Grapes
 Milk

Ketchup, Mustard, Tarter Sauce, Mayo