



# September 2009



## Shelby Middle School menu



### Monday

**7**  
**Labor Day**  
**No school**

**14**  
Breakfast bagel  
Pizza bagels  
Augratin potatoes  
Mandarin oranges  
Milk

**21**  
Breakfast bagel  
Stuffed breadsticks  
Marinara  
Green beans  
Pineapple, Milk

**28**  
Breakfast bagel  
Strips of Fire  
Dinner roll  
Corn on the cob  
Applesauce  
Milk

### Tuesday

**1**  
Cinnamon tastry  
Cheeseburger  
Steak fries  
Pineapple  
Milk

**8**  
Cinnamon tastry  
Rib-b-que sandwich  
Corn on the cob  
Applesauce  
Milk

**15**  
Cinnamon tastry  
Pancakes  
Sausage  
Hash brown  
Orange juice  
Milk

**22**  
Cinnamon tastry  
Grilled chicken sandwich  
Lettuce salad  
Sherbet  
Milk  
Choice: chef etc.

**29**  
Cinnamon tastry  
Turkey wrap  
Baked potato  
Fruit whip  
Milk

### Wednesday

**2**  
Cheese omelet  
Chicken nuggets  
Dinner roll  
Broccoli & cheese sauce  
Banana  
Milk

**9**  
Cheese omelet  
Soft taco w/lettuce & cheese  
Potato wedge  
Pineapple, Milk  
Choice: chicken fajita

**16**  
Cheese omelet  
Frito flip  
Corn  
Applesauce  
Milk

**23**  
Cheese omelet  
Nachos & cheese  
Corn  
Apple  
Milk  
cookie

**30**  
Cheese omelet  
Chicken patty sandwich  
Smiley taters  
Apple crisp  
Milk

### Thursday

**3**  
Pancake wrap  
Salisbury steak  
Mashed potato & gravy  
Dinner roll  
Peaches  
Milk

**10**  
Pancake wrap  
Chicken fryz  
Dinner roll  
Mashed potato & gravy  
Pears  
Milk

**17**  
Pancake wrap  
Chicken fingers  
Dinner roll  
Carrots & dip  
Peaches  
Milk

**24**  
Pancake wrap  
Chicken littles  
Tater tots  
Ice juicee  
Milk

### Friday

**4**  
Cinnamon tastry  
Rib-b-que sandwich  
Green beans  
Fruit mix  
Milk

**11**  
Cinnamon tastry  
Mini corn dogs  
Parsley potatoes  
Peaches  
Milk

**18**  
Cinnamon tastry  
Curley spaghetti  
Garlic breadstick  
Greens  
Fruit whip  
Milk

**25**  
Cinnamon tastry  
French toast  
Sausage  
Hash brown  
Orange juice  
Milk

**News**  
**Aug. 26<sup>th</sup> through Sep. 4<sup>th</sup>**  
**The Great Breakfast**  
**Walkman Giveaway**  
For every breakfast served we will enter the customer's name to win a Sony 4 gig music & video player. Ask your cashier for more details.

All students who purchase food may prepay for their food in any dollar amount. You can pay by cash or check. Prepaying works best in the morning before going to class.

Breakfast: \$1.25  
Reduced price \$.30  
Lunch: \$2.50/\$2.75  
Reduced price \$.40

If you receive free lunch you also receive free breakfast.

