

# Morrison Schools JH & HS Lunch Menu

123 August 2011

Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	<p><b>A La Carte</b></p> <p>Fat Free Milk 80 cal.                      1% White Milk 100 cal.                      Fat Free Chocolate Milk 170 cal                      Whole Wheat Bread 2 slices 150 cal                      Whole Grain Bun 120 cal.  <b>Choice of Fruit -calories</b>                      Applesauce 90 Apricots 90                      Apple Slices 78 Peaches 70                      Fruit Mix 80 Pineapple 64                      Mandarin Oranges 70 Pears 80                      Grapes 29 Orange Slices 40                      Strawberry Cup 122                      Peach Cup 118</p> <p># - Calories                      Average per Week Grades 6-12                      785 a Day</p> <p><b>School News</b></p> <p>Cold Cut Sandwiches offered daily</p> <p><u>Starting Aug. 29</u>                      Chef Salads offered daily                      order by 8:30 a.m.</p>
8	9	10	11	12	
15	16	17	18	19	
<p>22</p> <p>Breaded Chicken 220                      Whole Grain Bun                      Green Beans                      Choice of Fruit                      Frozen Yogurt</p>	<p>23</p> <p>Stuffed Crust Pizza 420                      Romaine Mix                      Choice of Fruit                      Whole Wheat Bread                      Granola Bar</p>	<p>24</p> <p>Turkey Hot Dog 160                      Whole Grain Bun                      JH Alternative                      Smart Cheese Pizza                      Baked Beans                      Choice of Fruit                      Whole Wheat Bread</p>	<p>25</p> <p>Whole Grain                      Max Sticks 328                      Pizza Sauce                      Carrots                      Choice of Fruit                      Whole Wheat                      Bread</p>	<p>26</p> <p>Cold Cut 163                      Whole Grain Bun                      Celery/Peanut Butter                      Choice of Fruit                      Baked Chips</p>	
<p>29</p> <p>Cheeseburger 194                      Whole Grain Bun                      Corn                      Choice of Fruit                      Sherbet</p>	<p>30</p> <p>Whole Grain Chicken                      Nuggets 220                      Mashed Potatoes                      Choice of Fruit                      Whole Wheat Bread                      Frosted Graham</p>	<p>31</p> <p>Turkey Corn Dog 270                      JH Alternative Pizza                      Broccoli                      Choice of Fruit                      Whole Wheat Bread                      Chocolate Chip Bar</p>	<p>BACK TO SCHOOL</p>		