

Welcome Back!

MENUS FOR
September
2010

Birmingham City Schools

Wed., Sept. 1

Cereal, Yogurt
Fruit or Juice
Milk

Pizza
Mozzarella Sticks
w/Marinara sauce
Pasta Salad
Tossed Salad
Fresh Red Apple
Milk

Thursday, Sept. 2

Breakfast Pizza
Fruit or Juice
Milk

Chicken Tetrazzini
Corn on the Cob
Green Beans
Tossed Salad
Fresh Orange
Whole Wheat Roll
Milk

Friday, Sept. 3

French Toast Sticks
Sausage
Fruit or Juice

Turkey Taco Salad
Spanish Rice
Mexican Corn
Lettuce, Tomatoes,
Cheese
Fresh Green Grapes
Milk

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

Tuesday, Sept. 7

Biscuit, Ham
Fruit or Juice
Milk

Salisbury Steak
Brown Rice
Collard Greens
Watermelon
Cornbread
Milk

Wed., Sept. 8

Manager's
Choice



Thursday, Sept. 9

Pancake on a Stick
Fruit or Juice
Milk

Hamburger Casserole
Green Beans
Black-eyed Peas
Sliced Peaches
Cornbread
Milk

Friday, Sept. 10

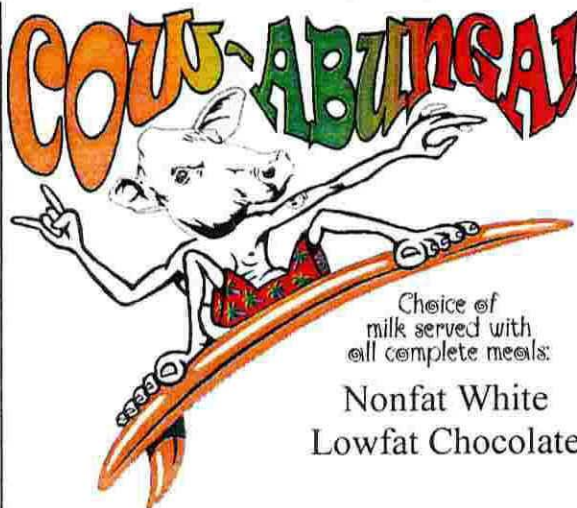
Biscuit, Grits
Scrambled Eggs
Fruit or Juice
Milk

Hot Dog Supreme
Baked Beans
Potato Rounds
Tossed Salad
Strawberry Shortcake
Milk

Monday, Sept. 13

Biscuit, Sausage
Fruit or Juice
Milk

Deli Sandwiches or
Wraps
Sun Chips
Pasta Salad
Tossed Salad
Banana
Milk



Choice of
milk served with
all complete meals:

Nonfat White
Lowfat Chocolate

Tuesday, Sept. 14

Blueberry Muffin
Cereal, Yogurt
Fruit or Juice
Milk

Oven Fried Chicken
Mashed Potatoes
Collard Greens
Sliced Pears
Cornbread
Milk

Wed., Sept. 15

Manager's
Choice

Thursday, Sept. 16

Biscuit, Grits
Sausage, Eggs
Fruit or Juice
Milk

Beef Tips
Rice
Stir-Fried
Vegetables
Granny Smith Apple
Cornbread
Milk

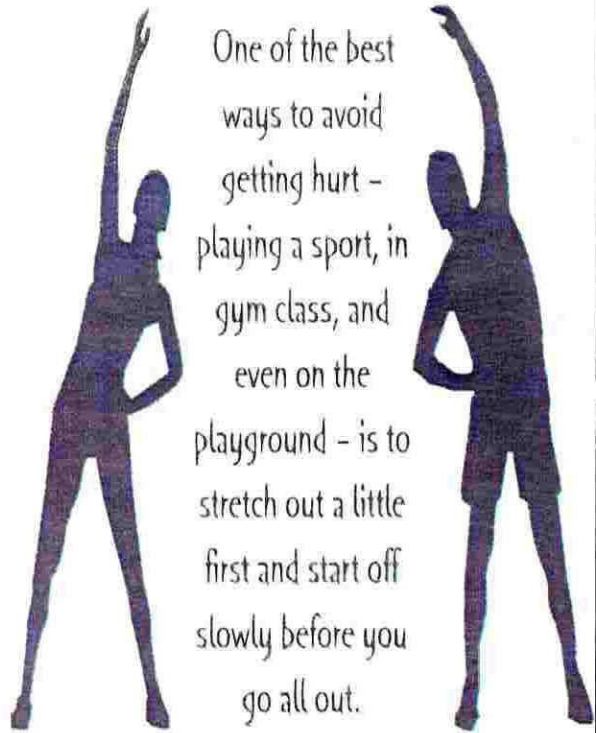
Friday, Sept. 17

Waffle Sticks
Sausage
Fruit or Juice
Milk

Chicken or Tuna
Salad
Potato Salad
Tossed Salad
Fresh Fruit Salad
Cottage Cheese
Crackers
Milk



YOU'RE GETTING WARM.



One of the best ways to avoid getting hurt - playing a sport, in gym class, and even on the playground - is to stretch out a little first and start off slowly before you go all out.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, Sept. 20

Cheese Toast
 Cereal, Yogurt
 Fruit or Juice
 Milk

Sloppy Joe Sandwich
 French Fries
 Corn
 Tossed Salad
 Fruit Cocktail
 Milk

Tuesday, Sept. 21

Manager's
 Choice

Wed., Sept. 22

Cereal, Yogurt
 Fruit or Juice
 Milk

Spaghetti
 Green Beans
 Tossed Salad
 Chocolate Cake
 Tangerine
 Roll
 Milk

Thursday, Sept. 23

Breakfast Pizza
 Fruit or Juice
 Milk

Chicken Sandwich
 Corn Nuggets
 Baked Beans
 Tossed Salad
 Grapes
 Sherbet
 Milk

MAY CONTAIN PORCUPINE.



The fisher is a cat-sized weasel that lives in wooded areas in New England and elsewhere in the U.S. Along with the mighty mountain lion, the little fisher is the only predator that regularly preys on porcupines. When the porcupine shows the fisher the deadly quills on its rear, the fisher jumps completely over it to get face-to-face again, and repeats this tactic until the porcupine grows confused and tired and weakens.

ANIMAL APPETITES

Word of the Month

gra·cious

- adj. 1. characterized by kindness and warm courtesy
 2. merciful, compassionate
 3. elegant, charming

Friday, Sept. 24

French Toast Sticks
 Sausage
 Fruit or Juice
 Milk

Build Your Own Salad
 (Includes all Salad Fixings)
 Chef (Ham or Turkey)
 Crackers
 Fruit Juice Bar
 Milk

Monday, Sept. 27

Biscuit, Ham
 Fruit or Juice
 Milk

Pizza
 Stir Fried
 Vegetables
 Mozzarella Sticks w/
 Marinara sauce
 Tossed Salad
 Mandarin Oranges
 Milk

Tuesday, Sept. 28

Manager's
 Choice

Wed., Sept. 29

Pancake on a Stick
 Fruit or Juice
 Milk

Chicken Tetrizzini
 Corn on the Cob
 Green Beans
 Tossed Salad
 Fresh Apple
 Milk

Play Read Learn Write Run Dream

AVAILABLE DAILY

Student Breakfast w/Milk	\$1.25	Elementary Lunch	\$1.75
Reduced Breakfast	\$.30	Middle and High Lunch	\$2.00
Employee Breakfast	\$1.75	Reduced Lunch	\$.40
Non-Employee Breakfast	\$2.00	Employee Lunch	\$2.50
Milk	\$.50	Non-Employee Lunch	\$3.50
Ice Cream	\$.50 and \$1.00		

Thursday, Sept. 30

Biscuit, Grits
 Scrambled Eggs
 Fruit or Juice
 Milk

Loaded Baked Potato
 Steamed Broccoli
 Corn
 Tossed Salad
 Fresh Pear
 Roll
 Milk