

September 2015

DILLER ODELL PUBLIC SCHOOL

BREAKFAST



THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER



Nutrition Tip: Whole grains are most frequently consumed at breakfast. Ready-to-eat cereals are the #1 source of whole grain among children aged two to 18 years.
Reference: IFIC, Review of Breakfast and Health, 2008.

Monday



LABOR DAY
NO SCHOOL

7

Tuesday

FRUIT SMOOTHIE 1
CINNAMON OATMEAL
ROUND
FRUIT JUICE MILK

8

WG CEREAL
WG TOAST
FRUIT JUICE
MILK

9

Wednesday

FRENCH TOAST 2
FRUIT JUICE
MILK

3

PANCAKE & SAUSA 9
ON A STICK
FRUIT JUICE
MILK

10

Thursday

CHEESE OMELET 3
WG TOAST
FRUIT JUICE
MILK

4

HAM & CHEESE 10
TACO
FRUIT JUICE
MILK

11

Friday

WG POPTART 4
WG CEREAL
FRUIT JUICE
MILK

5

WG CEREAL 11
WG POPTART
FRUIT JUICE
MILK

12

WG CEREAL 14
WG TOAST
FRUIT JUICE
MILK

15

BREAKFAST PIZZA 15
FRUIT JUICE
MILK

16

FRENCH TOAST 16
FRUIT JUICE
MILK

17

BISCUITS & GRAVY 17
FRUIT JUICE
MILK

18

WG CEREAL 18
WG TOAST
FRUIT JUICE
MILK

19

WG CEREAL 21
WG TOAST
FRUIT JUICE
MILK

22

WAFFLES 22
FRUIT JUICE
MILK

23

PANCAKE & SAUSA 23
ON A STICK
FRUIT JUICE
MILK

24

NO SCHOOL

25

NO SCHOOL

26

WG CEREAL 28
WG TOAST
FRUIT JUICE
MILK

29

PANCAKES 29
SAUSAGE
FRUIT JUICE
MILK

30

FRENCH TOAST 30
FRUIT JUICE
MILK

31



September 2015

DILLER-ODELL PUBLIC SCHOOL

LUNCH



**FRESH FRUIT & VEGETABLE
BAR SERVED DAILY
MILK CHOICE SERVED DAILY**



Nutrition Tip: The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.

Monday



Tuesday

Wednesday

Thursday

Friday

LABOR DAY
NO SCHOOL

HOT DOG ON WG BUN 1
BAKED BEANS
PINEAPPLE
PUDDING CUP

SPAGHETTI & MEATSAUCE 2
LETTUCE SALAD
PEARS
GARLIC TOAST

HOT HAM & CHEESE SANDWICH 3
POTATO WEDGES
APPLESAUCE

TACO SALAD 4
CORN
FRESH FRUIT
RICE CRISPIE BAR

SLOPPEY JOE ON WG BUN 8
POTATO SALAD
PINEAPPLE

BBQ CHICKEN SANDWICH 9
FRENCH FRIES
GREEN BEANS
FRESH FRUIT

RUNZA 10
BAKED BEANS
FRUIT SALAD

FIESTADO 11
CORN
FRUIT CHOICE
CAKE

PANCAKES 14
SAUSAGE
POTATO ROUNDS
JUICE

BREADED CHICKEN FILLET 15
MASHED POTATOES
GREENBEANS
PEACHES WG ROLL

MINI CORNDOGS 16
PEAS
APPLECRISP

CHICKEN FAJITA 17
REFRIED BEANS
CORN
FRESH FRUIT

FISH SANDWICH 18
POTATO WEDGES
COLESLAW
FRUIT CHOICE

GOULASH 21
GREEN BEANS
APPLESAUCE
CORNBREAD MUFFIN

TANGERINE CHICKEN 22
BROWN RICE
STIR FRY VEGETABLES
TROPICAL FRUIT SALAD
WG ROLL

MEATBALL SUB 23
LETTUCE SALAD
FRESH FRUIT
PEANUT BUTTER
COOKIE

NO SCHOOL 24

NO SCHOOL 25

CHICKEN SANDWICH 28
FRENCH FRIES
BABY CARROTS
PINEAPPLE

PIZZA 29
LETTUCE SALAD
FRUIT COCKTAIL
PEANUT BUTTER BAR

DELI SANDWICH 30
SUNCHIPS
FRESH VEGGIES
GRAPES

