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 Visit for nutrition games recipes.
 Menus subject to change without notice.

**CONNELLSVILLE AREA SCHOOL DISTRICT
 SECONDARY SCHOOLS**

**OCTOBER
 2009**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			CHICKEN & GRAVY 1 WHIPPED POTATOES PEAS HOMEMADE ROLLS PEARS MILK	SCHOOL PIZZA 2 STEAMED CARROTS ICY JUICY Oatmeal Chocolate Chip Cookies MILK
WHITE PIZZA 5 SIDE OF SPAGHETTI TOSSED SALAD MIXED FRUIT CUP MILK	CHEESEBURGER MASHED 6 POTATO BOWL STEAMED CARROTS HOMEMADE ROLL PEACHES MILK	CHILI CON CARNE 7 NACHOS & CHEESE APPLESAUCE HOMEMADE CINNAMON ROLL MILK	8 MANAGER'S CHOICE MENU MENU WILL BE POSTED IN EACH BUILDING	FISH 9 MACARONI & CHEESE STEAMED PEAS HOMEMADE ROLLS BLUSHING PEARS MILK
GRILLED CHEESE SANDWIC 12 TOMATO SOUP PICKLE STRIP ORANGE WEDGES MILK	TURKEY WRAP 13 LETTUCE & TOMATO BROCCOLI, RAW FRESH FRUIT MILK	CHICKEN PATTY PARMESAN 14 SIDE OF SPAGHETTI STEAMED GREEN BEANS MIXED FRUIT CUP MILK	HAM & CHEESE SANDWICH 15 LETTUCE & TOMATO STEAMED CORN FRESH APPLE RICE KRISPIES TREAT MILK	SCHOOL PIZZA 16 CARROT STICKS/DIP FRESH FRUIT GOLDEN BROWNIE MILK
N A T I O N A L S C H O O L L U N C H W E E K				
CHICKEN PATTY SANDWICH 19 TATER TOTS STEAMED GREEN BEANS ORANGE WEDGES MILK	COUNTRY FRIED STEAK 20 WHIPPED POTATOES W/GRAVY STEAMED BROCCOLI HOMEMADE ROLL FRESH APPLES NO BAKE COOKIE MILK	BREADED CHEESE STICKS 21 SIDE OF SPAGHETTI TOSSED SALAD ICY JUICY MILK	GENERAL TSO CHICKEN 22 WHITE RICE PINEAPPLE CHUNKS MILK	SCHOOL PIZZA 23 STEAMED PEAS FRUIT COCKTAIL RICE KRISPY TREAT MILK
HAMBURGER ON BUN 26 POTATO WEDGES HOMEMADE BAKED BEANS FRESH FRUIT MILK	GRILLED CHEESE SANDWIC 27 TOMATO SOUP PICKLES APPLE CRISP MILK	CHICKEN NUGGETS 28 WHIPPED POTATOES/GRAVY BAKED SWEET POTATOES HOMEMADE ROLL BLUSHING PEARS MILK	ROTINI & MEATSAUCE 29 STEAMED GREEN BEANS HOMEMADE ROLLS JELLO APPLE MILK	SCHOOL PIZZA 30 CARROT STICKS/DIP PINEAPPLES CHUNKS WHOLE WHEAT SUGAR COOKIE MILK.

Peanut Butter Sandwich Available Upon Request
 Choices of fruits and vegetables daily

Chef Salad available M,T,TH,F
 Potato Bar - Wed

Nutritional analysis posted in each cafeteria.