


ALEXANDER VALLEY UNION SCHOOL DISTRICT

OCTOBER 2008

"THIS IS AN EQUAL OPPORTUNITY PROVIDER"

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.  
Lunch price is \$3.00

MILK IS SERVED WITH EVERY MEAL  
EXTRA MILK IS \$.25

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Chicken Sandwich/lettuce on /whole wheat bun w/ tator tots Fresh Fruit	<b>2</b> PEPPERONI PIZZA Apple cinnamon bears  FRESH FRUIT & VEGGIES	<b>3</b> <span style="float: right;"><b>\$2.00</b></span> <b>Hot Dog Day</b> 
<b>6</b> Chicken Tamale w/cheese stick, churro Fresh fruit & veggies	<b>7</b> Chicken & Rice Burrito Salsa and chips Fresh Fruit	<b>8</b> Chile w/cornbread Green salad w/ranch Fresh fruit	<b>9</b> PEPPERONI PIZZA BROWNIE FRESH FRUIT & VEGGIES	<b>10</b> Breakfast for Lunch French toast sticks, Sausage patties Fresh Fruit and Milk
<b>13</b> SPAGHETTI AND MEAT BALLS WHOLE GRAIN ROLL, FRESH FRUIT & VEGGIES	<b>14</b> Chicken and rice soup Saltine crackers Fresh fruit and veggies	<b>15</b> Hot Ham & Cheese sandwich, green salad w/ Ranch and fresh fruit	<b>16</b> PEPPERONI PIZZA cookie FRESH FRUIT & VEGGIES	<b>17</b> <span style="float: right;"><b>\$2.00</b></span> <b>Hot Dog Day</b> 
<b>20</b> Hot Dog on a Whole wheat bun, beans, fresh fruit & veggies	<b>21</b> Turkey Sub sandwich Fresh Fruit and Veggies Peach crisp	<b>22</b> Nachos w/ Frijoles Jicama and lime Fresh Fruit	<b>23</b> PEPPERONI PIZZA Green Salad w/ ranch Brownie FRESH FRUIT	<b>24</b> Garlic Pasta w/chicken Whole Grain Roll Fresh Fruit & veggies
<b>27</b> Chicken Strips, green beans, Whole grain roll Fresh Fruit	<b>28</b> Chili Mac Green Salad w/ ranch Fresh fruit	<b>29</b> Cheese Burger on a whole wheat bun w/Fries Fresh Fruit and Veggies	<b>30</b> PEPPERONI PIZZA cookie FRESH FRUIT & VEGGIES	<b>31</b> TUNA SANDWICH ON WHOLE WHEAT W/LETTUCE FRESH FRUIT & VEGGIES HALLOWEEN TREAT

START YOUR DAY WITH A GOOD BREAKFAST...DRINK YOUR MILK, IT HELPS BUILD STRONG BONES AND TEETH...EAT LOTS OF FRESH FRUIT AND VEGGIES, ASK FOR EXTRA IF YOU LIKE...IF YOU DON'T LIKE PART OF YOUR MEAL, SHARE WITH A FRIEND ..PLEASE DON'T WASTE.....