

Homer Inter/Jr. High School

SEPTEMBER 2010

Monday

Tuesday

Wednesday

Thursday

Friday

Did You Know?

The sentence, "The quick brown fox jumps over a lazy dog", uses every letter of the alphabet!

		1	2	3
				Salads, Yogurt, Sandwiches and PB&J available daily
6	7	8	9	10
		Popcorn Chicken Whole Grain Dinner Roll French Fries California Blend Veggies Fresh Orange Milk Choice	Hamburger on Whole Grain Bun Green Beans Pasta Salad Mandarin Oranges Milk Choice	Homemade Pizza Tossed Salad Steamed Broccoli Assorted Fruit Cup Milk Choice
13	14	15	16	17
Toasted Cheese Tomato Soup Corn Niblets Peach Cup Milk Choice	Brunch for Lunch Pancakes w/ Sausage Hash Brown 100% Juice Fresh Fruit Milk Choice	Chicken Patty on Multi Grain Bun Starch Crunchy Veggies Fruit Crisp Milk Choice	Sloppy Joe on Whole Grain Bun Green Beans Mashed Potatoes Diced Pears Milk Choice	Big Daddy Pizza Tossed Salad Salt Potatoes Assorted Fruit Cup Milk Choice
20	21	22	23	24
Chicken Fajita Seasoned Corn Steamed Rice Chilled Fruit Milk Choice	Hot Meatball Sub Garden Fresh Salad Mixed Vegetables Peach Cup Milk Choice	Hot Ham & Cheese Melt Carrot Coins Fruited Jell-O w/topping Fresh Fruit Milk Choice	Popcorn Chicken w/Roll BBQ Sauce Oven Baked Fries Crispy Veggies Fruit Cocktail	Galaxy Pizza Tossed Salad Steamed Broccoli Assorted Fruit Cup Milk Choice
27	28	29	30	
Homemade Mac & Cheese Carrot Coin Garden Fresh Salad Fresh Apple Milk Choice	Chicken Patty on Whole Grain Bun Seasoned Rice Green Beans Pineapple Tidbits Milk Choice	Hot Turkey w/ Gravy over Mashed Potatoes Whole Grain Roll Garden Peas Fruit Crisp Milk Choice	Shrimp Poppers w/ Whole Grain Dinner Roll Potato Gems Steamed Corn Cinnamon Applesauce Milk Choice	

A La Carte

Breakfast \$1.00
Lunch K-6 \$1.40
Lunch 7-12 \$1.50
Reduced Meals \$.25

Milk \$.50
Ice Cream \$.50
Snacks/Chips \$.50
Baked Lays/Chex Mix\$.65

Pretzel \$1.00
w/ Cheese \$.50

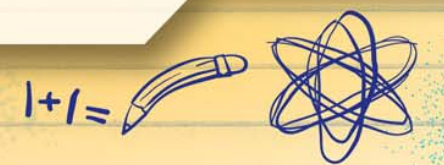
School News

Free and reduced applications are available on the school website and in the main office at each school. Last years application benefits expire September 30th. Please fill out and return your application as soon as possible. For questions call 749-1216.

Substitute food service positions available



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