

Homer Inter/Jr. High School

OCTOBER 2010

Monday

Tuesday

Wednesday

Thursday

Friday

Did You Know?

Pumpkins are a fruit.

BBQ Rib Sandwich on
Whole Wheat Roll **4**

French Fries
Green Beans
Chilled Peaches
Milk Choice

11

Toasted Cheese **18**

Tomato Soup w/
Goldfish Crackers
Corn Niblets
Peach Cup
Milk Choice

Chicken Alfredo
over Noodles **25**

California Blend Veggies
100% Juice Bar
Chilled Fruit Cup
Milk Choice

Soft Taco w/ Lettuce
and Cheese **5**

Steamed Brown Rice
Seasoned Corn
Chilled Pears
Milk Choice

Staff Day

Brunch for Lunch
Pancakes w/
Sausage **19**

Hash Brown Patty
100% Juice Cup
Fresh Fruit
Milk Choice

Hot Meatball Sub **26**

Garden Salad w/ Dressing
Mixed Vegetables
Peach Cup
Milk Choice

Pasta w/ Meat Sauce **6**

Tossed Salad w/
Dressing
Garden Peas
Fresh Fruits
Milk Choice
*graham cracker treat

Popcorn Chicken
Whole Grain Dinner **13**

Baked French Fries
California Blend Veggies
Fresh Fruit
Milk Choice

Chicken Patty on
Whole Grain Bun **20**

Baked Smile Fries
Crunchy Veggie Plate
Fruit Crisp
Milk Choice

Hot Ham and Cheese
Melt **27**

Carrot Coins
Fruited Jell-o w/topping
Fresh Fruits
Milk Choice

Deli Day Sandwich w/
Pretzels **7**

Macaroni Salad w/ Veggies
Crunchy Veggie Plate
Chilled Pineapple
Milk Choice

Hamburger on
Whole Grain Roll **14**

Steamed Green Beans
Pasta Salad
Mandarin Oranges
Milk Choice

Sloppy Joe on
Whole Grain Bun **21**

Green Beans
Mashed Potatoes
Diced Pears
Milk Choice
Free Rice Krispy Treat

Popcorn Chicken w/
Multi Grain Roll **28**

Salt Potatoes
Homemade Coleslaw
Fruit Cocktail
Milk Choice

Big Daddy Pizza **1**

Tossed Salad w/ Dressing
Steamed Broccoli Cuts
Assorted Fruit Cup
Milk Choice

Galaxy Pizza **8**

Tossed Salad w/ Dressing
Steamed Broccoli
Assorted Fruit Cup
Milk Choice

Homemade Pizza **15**

Tossed Salad w/ Dressing
Steamed Broccoli
Assorted Fruits
Milk Choice

Big Daddy Pizza **22**

Tossed Salad w/ Dressing
Steamed Broccoli Cuts
Assorted Fruits
Milk Choice

Homemade Pizza **29**

Tossed Salad w/ Dressing
Steamed Broccoli
Assorted Fruits
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

Hot Pretzel \$1.00
cheese .50

School News

Families who have not yet filled out an application for free and reduced price meals for this school year have been removed from the system. Please fill out an application and return it to Homer High kitchen ASAP to receive benefits

