



CAMPUS DINING SERVICES

HORACE MANN LABORATORY SCHOOL

October 1 - 30, 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>The National School Lunch Program has been serving the nation's children for over 60 years.</p> <p>Meals meet standards based on Dietary Guidelines for Americans, meaning they contain no more than 30% of calories from fat and less than 10% from saturated fat.</p> <p>School lunches provide one-third of the Recommended Dietary Allowances of protein, Vit A, Vit C, Iron, Calcium & Calories.</p> <p>Meals are served in age-appropriate serving sizes meaning you get the amount of food that your body needs!</p> <p>In 180 School Days, 5.2 billion school lunches are served in 99,000 schools. That's approximately 31 million meals per day!</p>			1	2	
5	6	7	8	9	
Corn Dog Bites Chili Carrots & Celery w/ PB Apple Wedges Milk	Ham & Cheese on Wheat Lettuce, Tomato Sun Chips Broccoli & Cauliflower w/ Ranch Banana Milk	Whole Grain Chicken Patty on Bun Lettuce, Tomato Mac & Cheese Peas Cantaloupe or Grapes Milk	Nachos w/ Meat & Cheese Lettuce, Tomato, Salsa Green Beans Applesauce Brownie Milk	Wheat Pancakes w/ Syrup Cheesy Scrambled Eggs Potato Puffs Orange Wedges Milk	
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> </div> <div style="text-align: center;"> <h2 style="color: red; font-weight: bold;">ALL-STAR SCHOOL LUNCH</h2> <p style="font-size: small;">National School Lunch Week October 12-15, 2009</p> </div> <div style="text-align: center;"> </div> </div>					
16	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Football Coach Mel Tjeerdsma Chicken Tenders Green Beans Fresh Fruit Mix Ice Cream Cup Milk </div> <div style="text-align: center;"> Soccer Coach Tracy Hoza Irish Stew Wheat Roll Spinach Salad Banana Sandwiches Milk </div> <div style="text-align: center;"> BBall Coach Gene Steinmeyer Fish Sandwich on Wheat Bun Glazed Carrots Apple Crisp Milk </div> </div>			16	No School ECEL Center Closed
19	20	21	22	23	
Grilled Cheese on Wheat Tomato Soup Carrots & Celery w/ PB Apple Wedges Milk	Baked Potato Bar Taco Meat, Cheese, Broccoli Tomato, Sour Cream, Salsa Wheat Roll Peaches Milk	BBQ Chicken on Bun Oven Baked Fries Green Beans Orange Wedges Milk	Whole Grain Chicken Patty on Bun Lettuce, Tomato Mac & Cheese Peas Cantaloupe or Grapes Milk	No School ECEL Center Closed 	
26	27	28	29	30	
Cheese Pizza Mixed Veggies or Lettuce Salad Grapes Marble Birthday Cake Milk	Chicken Nuggets Cheesy Mashed Potatoes Wheat Roll Peas Peaches Milk	Whole Grain Spaghetti with Meat Sauce Breadstick Green Beans Orange Wedges Milk	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>Special Harvest Lunch</p> <p style="font-size: small; font-weight: bold;">TRICK TREAT!</p> </div>	No School ECEL Center Closed 	