



ISL CAFE' September 2008



Monday	Tuesday	Wednesday	Thursday	Friday
8	9	10	11	12
Biscuit, Sausage, Fruit Cup Salisbury Steak Mashed Potatoes Steamed Spinach Fresh Fruit Cup Soft Wheat Roll <i>Vegetarian Option:</i> Cheesy Potato Bake	Cereal, Toast, Fruit Cup Beef Hot dog on bun Baked Beans Fresh Fruit <i>Vegetarian Option:</i> Cheese Quesadillas	Pancakes, Sausage, Fresh Fruit Spaghetti Casserole Green Peas Tropical Fruit Mix Soft Wheat Roll <i>Vegetarian Option:</i> Spaghetti w/ Marinara Sauce	Grits, Smoked Turkey Sausage, Fresh Fruit Breaded Chicken on bun Tossed Salad Fresh Fruit <i>Vegetarian Option:</i> Veggie Burger	Assorted Muffins Scrambled Eggs Fresh Fruit Fish Sticks Tossed Salad Fruit Cocktail Soft Wheat Roll <i>Vegetarian Option:</i> Cheese Sticks
15	16	17	18	19
Hashbrowns, Wheat Toast, Fresh Fruit Rotini Pasta Alfredo Roasted Chicken Strips Tossed Salad Fresh Fruit Cup <i>Vegetarian Option:</i> Rotini Pasta Alfredo	Assorted Cereal Toast Fresh Fruit Turkey & Cheese Mini Sub Lettuce, Tomatoes Fresh Fruit <i>Vegetarian Option:</i> Veggie Mini Sub	Pancake Bites Fresh Fruit Red Beans Steamed Rice Tossed Salad Diced Peaches Cornbread <i>Vegetarian Option:</i> Vegetarian Beans	Biscuit Sliced Ham Fresh Fruit Taco Salad Refried Beans Fresh Fruit <i>Vegetarian Option:</i> Refried Beans	Oatmeal or Yogurt Wheat Toast Fresh Fruit Breaded Fish on bun Tossed Salad Fresh Fruit <i>Vegetarian Option:</i> Veggie Burger
22	23	24	25	26
Assorted Muffins Scrambled Eggs Fresh Fruit Turkey Sausage & Chicken Jambalaya Three Bean Salad Fresh Fruit Cup Soft Wheat Roll <i>Vegetarian Option:</i> Vegetarian Jambalaya	Grits Turkey Smoked Sausage Fresh Fruit Grilled Cheese Sandwich Celery/Carrots Ranch Dressing Fresh Fruit <i>Vegetarian Option:</i> Grilled Cheese Sandwich	Pancake Bites Fresh Fruit Baked Chicken Yellow Seasoned Rice Steamed Green Beans Fresh Fruit Mix Soft Wheat Roll <i>Vegetarian Option:</i> Yellow Seasoned Rice	Assorted Cereal Toast Fresh Fruit Barbecue Pork Riblet Mashed Potatoes Mixed Veggies Soft Wheat Roll <i>Vegetarian Option:</i> Fiesta Rice Blend	French Toast Sticks Scrambled Eggs Fresh Fruit <i>Happy Birthday</i>  Sausage Pizza Whole Corn Fresh fruit <i>Vegetarian Option:</i> Cheese Pizza
29	30			<i>Happy Birthday!</i>
Biscuit, Turkey Sausage, Fresh Fruit Great Northern Beans Steamed Rice Tossed Salad Diced Peaches Cornbread <i>Vegetarian Option:</i> Vegetarian Beans	Hashbrowns, Turkey sausage patties fresh fruit Chicken Fingers Macaroni & Cheese Steamed Green Peas Fresh Fruit Cup <i>Vegetarian Option:</i> Macaroni & Cheese	All Meals are served with a variety of low fat milk.		 <i>In celebration of all the birthdays for the month, the food service department serves cake the last Friday of each month during lunch time.</i>

Menu is subject to change due to availability.

Offer vs. Serve

Allows students to decline some of the food items offered in a school lunch or breakfast program.

Breakfast: Students must choose a minimum of 3 of the 4 items offered.

Lunch: Students must choose a minimum of 3 of the 5 items offered.