

# SEPTEMBER 2010



# ST. CATHERINE K-5

Monday	Tuesday	Wednesday	Thursday	Friday	Alternate Choice
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OUR MEALS COMPLY WITH THE "DAILY RECOMMENDED GUIDELINES".  
 ALL MEALS SERVED WITH 100% FRUIT JUICE, FRESH FRUIT AND LOW FAT MILK.  
 PIZZA AVAILABLE DAILY EXCEPT ON COOK'S CHOICE.

PREPAY CHECKS FOR OCTOBER ARE DUE BY SEPTEMBER 24, 2010. \$1.75 X NUMBER OF DAYS STUDENT WILL PURCHASE LUNCH.

PLEASE WRITE CHILD'S NAME, GRADE, AND SCHOOL ON CHECK.

FREE AND REDUCED APPLICATIONS ARE DUE BY SEPTEMBER 24, 2010.



MENU SUBJECT TO CHANGE WITHOUT NOTICE.

VISIT OUR WEB SITE: [www.norwood.k12.ma.us](http://www.norwood.k12.ma.us)

<p>6</p> <p>NO SCHOOL</p> <p>LABOR DAY</p>	<p>7 <u>Welcome Back!!!</u></p> <p>CHEESE PIZZA            CARROT PACK            100% FRUIT JUICE            VARIETY OF MILK            FRESH LOCAL APPLE            ALC - FANTASTICS</p>	<p>8</p> <p>BAKED CHICKEN            NUGGETS            POTATO PUFFS            PITA BREAD            ASSORTED DIPS            ALC - CHEETOS</p>	<p>9</p> <p><u>MUCHO NACHO'S</u>            TORTILLA CHIPS            SEASONED MEAT            CHEESE SAUCE            SALSA            ALC - SLUSH CUP</p>	<p>10</p> <p>FRENCH TOAST STICKS            SAUSAGE LINKS            MAPLE SYRUP CUP            APPLE SAUCE            ALC - FUDGICLE</p>	<p>VARIETY OF CEREAL            BOWLS            CHEESE CUBES            BREAKFAST MUFFIN            BOX OF RAISINS</p>
<p>13</p> <p>POPCORN CHICKEN            POTATO WEDGES            SCALI BREAD            ASSORTED DIPS            ALC - CHOCOLATE            ÉCLAIR</p>	<p>14</p> <p>FENWAY FRANK            ON A ROLL            BOSTON BAKED BEANS            JELLO CUP            ALC - SMARTFOOD</p>	<p>15</p> <p>FRENCH BREAD            PIZZA            GARDEN SALAD            DRESSING            ALC - SHERBET CUP</p>	<p>16</p> <p>GRILLED CHEESE            SANDWICH            PICKLE CUP            POTATO CHIPS            ALC - ORANGE CRÈME</p>	<p>17</p> <p>WAFFLE STICKS            SAUSAGE LINKS            MAPLE SYRUP CUP            STRAWBERRY CUP            ALC - SUNCHIPS</p>	<p><u>CHICKEN CAESAR SALAD</u>            TERIYAKI CHICKEN            OVER ROMAINE LETTUCE            GRATED CHEESE            CAESAR DRESSING            PITA BREAD</p>
<p>20</p> <p>CHICKEN PATTY            ON A ROLL            OVEN BAKED FRIES            ASSORTED DIPS            ALC - RAINBOW            PUSHUP</p>	<p>21</p> <p>HAMBURGER            ON A ROLL            CORN ON THE COB            WATERMELON SLICE            POTATO CHIPS            ALC - YOGURT CUP</p>	<p>22</p> <p>HOT POCKET            TOMATO AND            CUCUMBER SALAD            ALC - DORITOS</p>	<p>23</p> <p><u>CRISPY CHICKEN WRAP</u>            CHICKEN TENDERS            TORTILLA SHELLS            SHREDDED LETTUCE            BBQ SAUCE            ALC - BAKED LAYS</p>	<p>24</p> <p>MINI PANCAKES            HAM SLICES            MAPLE SYRUP CUP            MIXED FRUIT CUP            ALC - STRAWBERRY            SHORTCAKE ICE CREAM</p>	<p><u>YOGURT PARFAIT</u></p> <p>VANILLA YOGURT            LAYERED WITH FRUIT            SERVED WITH            CLODHOOPPERS</p>
<p>27</p> <p>CHICKEN NUGGETS            SPIRAL FRIES            ASSORTED BREADS            AND DIPS            ALC - SCRIBBLE IC</p>	<p>28</p> <p>MOZZARELLA STICKS            WARM PIZZA SAUCE            WHEAT BREAD STICK            CARROT COINS            ALC - FUNYONS</p>	<p>29</p> <p>CHEESE OR            PEPPERONI PIZZA            VEGETABLE STICKS            ASSORTED DRESSINGS            ALC - SUNDAE CUP</p>	<p>30</p> <p>CHICKEN DRUMMIES            POTATO SMILES            BROCCOLI BITES            DINNER ROLL            ALC - CHEDDAR RICE CAKES</p>	<p><u>EGG MCNORWOOD</u>            BACON, EGG,            AND CHEESE ON            A BAGEL            ORANGE SMILES            ALC - IC SANDWICH</p>	<p><u>BAGEL FUN LUNCH</u></p> <p>PLAIN BAGEL            CREAM CHEESE            PEANUT BUTTER            SUNFLOWER SEEDS            BOX OF RAISINS</p>



MASSACHUSETTS FARM TO SCHOOL HARVEST WEEK

