



NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT

Variety of Milk Offered Daily - 1%, 2%, Non-Fat Chocolate
 Variety of Juice Offered Daily - Orange , Apple, Wild Berry & More

SEPTEMBER 2010

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW ***NEW*** ENTRÉE MENU CHOICES OFFERED DAILY ***NEW*** ***NEW***				
PB&J Uncrustable Sandwich	Deli Day Sandwich or Wrap	PB&J Uncrustable Sandwich	Chef Salad Turkey, Ham, Cheese	Yogurt, Cheese & Cracker Meal
<u>Breakfast Entrée Choices</u> Cereal, Yogurt & Crackers, Muffin or other assorted items. Includes: Choice of one entrée, fruit, juice and milk Paid \$1.25 / Reduced \$.30	<u>Lunch Prices</u> Elementary \$1.75 Middle School \$2.25 High School \$2.25 Reduced \$.40		<u>FIRST DAY OF SCHOOL</u> Deli Sandwich Baked Chips Lettuce and Pickle Delicious Apple ABC Graham Cookies 9	Chili Cheese Dog Baby Carrots Grapes 10
Bean & Cheese Burrito Green Salad Applesauce 13	Pepperoni Pizza* Green Salad Orange Slices 14	Taco Nada Corn Apple Slices 15	Corn Dog Tater Tots Chilled Peaches 16	Mini Cheese Burgers Baby Carrots Nectarines 17
Grilled Cheese Sandwich Green Salad Apple Slices 20	Teriyaki Chicken Steamed Rice Veggie Sticks Chilled Pears 21	Deli Stick Baked Doritos Broccoli & Dip Banana 22	Spaghetti in Meat Sauce Bread Stick Green Salad Sour Apple Shape-Up 23	Chicken Sandwich Tater Stars Orange Slices Grammy Bears 24
Chili Cheese Fries Green Salad Sports Graham Cookies 27	Orange Chicken Steamed Rice Baby Carrots Applesauce Animal Snackers 28	Pepperoni Pizza Green Salad Orange Slices 29	Macaroni & Cheese Broccoli & Ranch Chilled Peaches Dinner Roll 30	On Line Pay at MyNutrikids.com www.mynutrikids.com

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