

North Lakes

MENU

Septem

→→→→→ LUNCH

LUNCH PRICES: Student - \$3.25, Reduced

SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CO

Fresh Green **Salad** (1 per meal) - Leafy Lettuce Blend, Caesar, Spinach Mix, OR Oriental (1/2 cup = 15 calories, 3 g c
Low Fat Dressing/Dip (2 T = 45 cal, 5 g fat)

Fresh **Veggies** (1-2 per meal) - Carrots, Celery, Broccoli, Cauliflower, Cucumber, Tomatoes, OR Red/Green Peppers (1/4

Fresh **Fruit** (1-2 per meal) - Apple, Orange, Banana, Cantalope, Grapes, Watermelon, OR Berries (1/2 c = 6C

Variety of **Milk**, including **Skim** (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7-Sep	8-Sep	9-Sep	10-Sep
NO SCHOOL TODAY	Beef & Bean Chili Garlic Breadstick Salad, Veggies, Fruit, Milk	Italian Chicken Sandwich Roasted Potatoes Salad, Veggies, Fruit, Milk	Beef Gyro on Pita Bread Rice Pilaf Salad, Veggies, Fruit, Milk
14-Sep	15-Sep	16-Sep	17-Sep
Italian Pasta & Meatballs French Bread Salad, Veggies, Fruit, Milk	Turkey & Cheese Stuffed Baked Potato & Roll Salad, Veggies, Fruit, Milk	Beef & Cheese Nachos Refried Beans Salad, Veggies, Fruit, Milk	Turkey Salad Pocket Pita Deli Coleslaw Salad, Veggies, Fruit, Milk
21-Sep	22-Sep	23-Sep	24-Sep
Beef & Cheese Quesadilla Mexican Rice Salad, Veggies, Fruit, Milk	White Chicken Chili Soft Breadstick Salad, Veggies, Fruit, Milk	BBQ Beef Sandwich Potato Salad Salad, Veggies, Fruit, Milk	Chicken Fajita Wrap Latin Rice Pilaf Salad, Veggies, Fruit, Milk
28-Sep	29-Sep	30-Sep	<i>MENUS SUBJECT TO BASED ON AVAIL. Note: Menus may use ingr other nut/seed, milk, egg,</i>
Chicken Taco Salad Fruit Churros Veggies, Fruit, Milk	Cheesy Breadsticks w/Marinara Sauce Salad, Veggies, Fruit, Milk	Turkey & Cheese Melt Baked Beans Salad, Veggies, Fruit, Milk	

QUESTIONS? CONTACT THE SCHOOL OFFICE @ 651-982-2773 or DONE RIGHT FOOD @ 651-702-5998 c

OUR DONE RIGHT FOOD COMMITMENT --- HEALTHY FOOD, HEALTHY M

Done Right Food Services follows our own *Healthy Menu Guidelines* when planning menus that offer great food fo

Menus are aligned with the Dietary Guidelines for Americans, health education curriculum, and school well

Our guidelines state specific types of healthy, wholesome foods that are popular with students and are served

Daily lunches include fresh green leafy salads, fresh vegetables and fruits, lean meat and poultry, reduced fat ch

whole grain items, and more. Breakfasts offer low sugar cereals, low fat yogurt, etc. All meals include

In addition, the guidelines state specific types of heat-and-serve, convenience, less "healthy" foods that will ne

Lunches do not include any breaded chicken products, hot dogs, corn dogs, hamburgers, frozen pizza, french fries, ta

Likewise, breakfasts do not include any high sugar cereals, chewy cereal bars, pop tarts, etc

Done Right Food
School & Event Catering Services



ber 2009

- \$.40, Adult - \$3.50

CONTENT)

carbohydrate, 1 g protein)

c = 15 cal, 3 g carb, 1 g pro)
) cal, 15 g carb)

FRIDAY

11-Sep

BBQ Chicken Legs
Mashed Potatoes & Roll
Salad, Veggies, Fruit, Milk

18-Sep

Beef & Cheese Lasagna
Garlic Toast
Salad, Veggies, Fruit, Milk

25-Sep

Philly Cheesesteak
Potato Wedges
Salad, Veggies, Fruit, Milk

INFREQUENT CHANGE

LABILITY OF ITEMS

redients that contain peanut,
soybean, and other products.

www.donerightfood.com

MESSAGE

or students at school.

ness policies.

every day in school.

eeese and dressings,

skim milk.

ot be served at all.

ter tots, fried chips, etc.