



FRESH
SPRING

2009 September

Welcome Back Alton Middle School Students!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Honey wheat Turkey Wrap with Leaf Lettuce and Cheese Spaghetti & Meatballs	1 <u>Super Salad Tuesday!!</u> Pear Walnut Salad OR Hot Ham and Cheese	2 Sloppy Joe OR BBQ Rib on a Bun	3 Meatloaf w. Dinner Roll or <u>Breakfast for Lunch!</u> Waffles (2) with Sausage (2) Patty	4 Chicken Alfredo w. Roll Or Chef Boy R Dee Ravioli
7 Labor Day! No School Today!	8 Buffalo Chicken Pizza Or Meatball Sub	9 Chicken and Noodles with Butter Bread Or Double Corn Dog	10 Country Fried Steak Or Chicken Ranch Wrap	11 Chicken Stir Fry with Rice Or Pizza Burger
14 Turkey Melt Or BBQ Rib Sandwich	15 Chicken Nachos Or Buffalo Chicken Patty on a Bun	16 Honey Wheat Turkey Wrap Or Spaghetti	17 Chili Mac Or Chicken Ranch Wrap	18 Meatball Pizza Sub Or Beef Nachos
21 Chicken Nuggets Or Twin Tacos	22 Homemade Lasagna or Grilled Cheese with Tomato Soup	23 BBQ Chicken Sandwich Or Double Corn Dog	24 Salisbury Steak Or Spaghetti & Meatballs	25 Country Fried Steak with Mashed Potatoes Or Buffalo Chicken Sandwich
28	29	30	1	2 Breakfast Only! School Improvement Day

More Info...

Served daily:

Chef Salad, PB&J, Chicken Patty on a Bun, Hamburger on a Bun and Assorted Pizza

Assorted Milk served daily.

Menus are subject to change without notice.

Alton Middle School Lunch Menu

