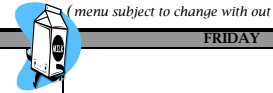



Cumru Elementary School



"The Best Deal in Town"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Welcome Back!</p> <p>Select one</p> <p>ABC123 Chicken Nuggets Roll optional Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Buttered Noodles Steamy Carrots Assorted Veggies Assorted Fruit Milk (Choice of one)</p> <p>29</p>	<p>Select one</p> <p>Cheese Pizza Stix with Dipping Sauce Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Broccoli Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>30</p>	<p>Brunch for Lunch</p> <p>Select one</p> <p>French Toast Stix /Syrup with Scrambled Eggs Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Assorted Fresh Veggies/Dip Assorted Fruit Orange Wedges Milk (Choice of one)</p> <p>31</p>	<p>Select one</p> <p>Chicken Quesadillas Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Honey BBQ Rice and Beans Buttered Corn Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>September 1</p>	<p>No School</p>
 <p>Happy Labor Day!!</p> <p>Select one</p> <p>Macaroni and Cheese Hot dog on a w/w Roll PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Stewed Tomatoes Green Beans Assorted Fresh Veggies/Dip Assorted Fruit Pudding Milk (Choice of one)</p> <p>5</p>	<p>Select one</p> <p>Chicken Fryz Roll optional Cheese Pizza PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Seasoned Rice Green Beans Bean Special Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>6</p>	<p>Select one</p> <p>Spaghetti Shells with Meat Sauce with or without Italian Bread Cheese Pizza PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Assorted Fresh Veggies/Dip Salad/ Dressing Broccoli Assorted Fruit Milk (Choice of one)</p> <p>7</p>	<p>Select one</p> <p>Fish Sticks with tartar sauce Cheese Pizza PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Baked French Fries Steamy Carrots Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>8</p>	<p>Select one</p> <p>Cheesy Steak Sandwich Cheese Pizza PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Baked Potato Chips Steamy Peas Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p>
<p>Select one</p> <p>Macaroni and Cheese Hot dog on a w/w Roll PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Stewed Tomatoes Green Beans Assorted Fresh Veggies/Dip Assorted Fruit Pudding Milk (Choice of one)</p> <p>12</p>	<p>Select one</p> <p>Popcorn Chicken with or without w/w Roll Hot dog on a w/w Roll PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Buttered Noodles Peas and Carrots Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>13</p>	<p>Select one</p> <p>Pizza Hut's Pizza Hot dog on a w/w Roll PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Cheddar Snack Steamy Carrots Applesauce Delight Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>14</p>	<p>Select one</p> <p>Taco with Chips Cheese, Lettuce and Tomato Hot dog on a w/w Roll PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Honey BBQ Rice and Beans Corn Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>15</p>	<p>Select one</p> <p>Beef a Roni with Bosco cheese Hot dog on a w/w Roll PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Broccoli Assorted Fresh Veggies/Dip Assorted Fruit Pudding Milk (Choice of one)</p>
<p>Select one</p> <p>Meatballs in Sauce Roll Optional Honey BBQ Chicken Nuggets w/w dinner roll PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Brd American Cheese Sticks Broccoli Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>19</p>	<p>Select one</p> <p>Cheese Ravioli with Red Sauce with Italian Bread Honey BBQ Chicken Nuggets w/w dinner roll PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Peas Salad/ L/F Dressing Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>20</p>	<p>No School</p>	<p>Select one</p> <p>Crispy Baked Chicken Drumstick with or without w/w Dinner Roll Honey BBQ Chicken Nuggets w/w dinner roll PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Macaroni Salad Peas and Carrots Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>21</p>	<p>Select one</p> <p>Shepherd's Pie with a Bread Honey BBQ Chicken Nuggets PB and Jelly Uncrustable w/ String Cheese</p> <p>Select three</p> <p>Steamy Carrots Tossed Salad/ L/F Dressing Assorted Fresh Veggies/Dip Assorted Fruit Applesauce Delight Milk (Choice of one)</p> <p>22</p>

Available Daily

If your child has special lunch needs, please contact the cafeteria manager. White; LF Chocolate; LF White Skim, Vanilla and Strawberry Milk available daily.

Chef Salad Bowls, Garden Burger and Yogurt Parfaits are available as a Entrée alternative.

ATTENTION PARENTS: Menus will be available at www.GovernorMifflinSD.org/district_food.asp to download or to print.

For those who do not have Internet access, a limited number of hard copies will be made available for pick up in the main office of your child's school.

August/September 2011

Governor Mifflin School District

Cumru Elementary School

(menu subject to change with out

"The Best Deal in Town"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Give A Way Day Select one Chicken Fajita Wrap w/ cheese, lettuce and tomato Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ String Cheese Select three Steamy Brown Rice Broccoli Bean Special Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Select one Mini Corndogs Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ String Cheese Select three Seasoned Noodles Steamy Carrots Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Brunch for Lunch Select one Mini Pancakes with Syrup optional with Sausage Links Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ String Cheese Select three Cinnamon Apples Cauliflower Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Select one Macaroni and Cheese Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ String Cheese Select three Green Beans Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Select one Chicken Nugget Flow with or without Roll Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ String Cheese Select three Mashed Potatoes Corn Assorted Fresh Veggies/Dip Assorted Fruit Fruit Ambrosia Milk (Choice of one)
26	27	28	29	
Breakfast Monday	Breakfast Tuesday	Breakfast Wednesday	Breakfast Thursday	Breakfast Friday
Pillsbury Mini Pancakes or Large LF Muffins or Low fat pop tart and Assorted Fruit or Juice Assorted Milks	Maple Waffle Large LF Muffins or Assorted Breakfast Bar and Assorted Fruit or Juice Assorted Milks	Pillsbury Cini Minis Large LF Muffins or Variety Cereal Snack Bags and Assorted Fruit or Juice Assorted Milks	Pillsbury Whole Grain Apple Fruitel Large LF Muffins or Assorted Breakfast Bar and Assorted Fruit or Juice Assorted Milks	Pillsbury Mini Pancakes or Large LF Muffins or Variety Cereal Snack Bags and Assorted Fruit or Juice Assorted Milks

Very Vanilla Soy Milk may now be used as a substitution for milk for Milk Allergies and will also be available for purchase for \$1.00.

Student Breakfast: \$1.25
Student Reduced Breakfast: \$.30
Adult Breakfast: \$1.90
Student Lunch: \$2.10
Student Reduced Lunch: \$.40
Adult Lunch: \$3.85 w/ Drink

In accordance with the Federal Law and the U.S. Dept. of Agriculture Prohibited this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age and disability. To file a complaint of discrimination call (202)720-5964. EOE

"GIVE AWAY DAY"

Any student purchasing a school lunch on the given day, will receive a **surprise!** This month "Give Away Day" will be on September 26th, so be sure to buy a school lunch (hot or sandwich meal).

Ala Carte Prices:

10 oz Bottled Water	.50
16 oz Bottled Water	.75
Fruit Snacks	.35 - .50
R/Fat Ice Cream:	.75
100 % Juice	.50
All Milk	.60
Baked Snacks	.40-.60