

**SOUTH BURLINGTON
FHT MIDDLE SCHOOL MENU
SEPTEMBER 2009**

OFFERED DAILY

SALAD BAR
DELI BAR

1%, 2%, SKIM AND LOW FAT CHOCOLATE MILK
FRESH FRUIT

PIZZA
SCHOOL MADE

MENU SUBJECT TO CHANGE WITHOUT NOTICE
LUNCH PRICE \$3.25

*In accordance with Federal law and U.S. Dept. of
Agriculture policy, this institution is prohibited from
discriminating on the basis of race, color,
national origin, sex, age or disability.*

Featured Specials of the Day

Tuesday, September 1

6th Grade Only

Hamburger or Garden Burger on whole wheat bun
Seasoned Fries
Broccoli
Peaches
Milk

Wednesday, September 2

Chicken Patty on whole wheat bun
French Fries
Cucumber Coins
Grill: Chicken Patty
Milk

Thursday, September 3

Meatball Sub on whole wheat roll
Potato Puffs
Green Beans
Grill: Pork Rib
Milk

Friday, September 4

Cheese Personal Pan Pizza
Carrot Coins
Applesauce
"Whole Wheat Sugar Cookie"
Grill: Cheese Personal Pan Pizza
Milk

Featured Specials of the Day

Monday, September 7

Labor Day
*******DAY Enjoy!**
No School

Tuesday, September 8

Chicken Nuggets
Home Made Roll
Mashed Potatoes
Peas
Grill: Chicken Nuggets
Milk

Wednesday, September 9

Beef Nachos
Corn Bread
Corn
Pears
Grill: Beef Nachos
Milk

Thursday, September 10

Italian Dunkers
Green Beans
Peaches
Grill: Italian Dunkers
Milk

Friday, September 11

Corn Dog
Hash Brown
Broccoli
Frozen Fruit Bars
Grill: Steakum
Milk

HEADS UP.

A concussion can occur when you take a hit to the head or when you run into something or someone and stop suddenly. Kids are more vulnerable than adults, and if you get one concussion, you're more prone to get another. Rest – and avoiding another hit – are the keys to recovery.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, September 14

Chicken Caesar Wrap
French Fries
Pineapple
Grill: Hamburger on whole wheat bun
Milk

Tuesday, September 15

Pasta Bar
Pasta w/choice of sauce
Home made Italian Bread
Caesar Salad
Applesauce
Grill: Pasta Bar
Milk

Wednesday, September 16

Beef & Bean Burrito
Confetti Rice Salad
Corn
Mixed Fruit
"Birthday Cake"
Grill: Hot Dog on whole wheat roll
Milk

Thursday, September 17

Homemade Turkey Ham & Cheese Pocket
Smile Potatoes
Mixed Vegetables
Grill: Chicken Patty
Milk

Friday, September 18

Homemade Deep Dish Pizza
Cheese or Pepperoni
Veggie Coins
Pears
Grill: Homemade Deep Dish Pizza
Milk

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Featured Specials of the Day

Monday, September 21

Chicken Nuggets
Sticky Bun
Mashed Potatoes
Broccoli
Peaches
Grill: Chicken Nuggets
Milk

Tuesday, September 22

Taco Bar
Taco Shell w/meat sauce and toppings
Spicy Corn Bread
Corn
Applesauce
Grill: Corn dog
Milk

Wednesday, September 23

Fish Shape
Homemade Roll
Hash Brown
Mixed Vegetables
Grill: Hot Dog on whole wheat bun
Milk

Thursday, September 24

Chicken Stir Fry
Homemade Roll
Rice
Peas
Pineapple
Grill: Pork Rib
Milk

Friday, September 25

Grilled Cheese Sandwich
on Whole wheat bread
Tomato Macaroni Soup
Blueberry Crisp
Grill: Meat Ball Sub
Milk

Featured Specials of the Day

Monday, September 28

Cheeseburger or Garden Burger
on whole wheat roll
French Fries
Broccoli
Grill: Burrito
Milk

Tuesday, September 29

Potato Bar
Baked White or Sweet Potato w/toppings
Homemade Roll
Winter Mix
Peaches
Grill: Potato Bar
Milk

Wednesday, September 30

Breakfast for Lunch
Sausage or Ham
Waffle Sticks
Orange Juice
Fruit Muffin
Applesauce
Grill: Cheese Personal Pan Pizza
Milk



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1%, 2%, SKIM AND LOW FAT CHOCOLATE
MILK
FRESH FRUIT
PIZZA
SCHOOL MADE

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TICE
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FIT FAT

WANNA STAY FIT?

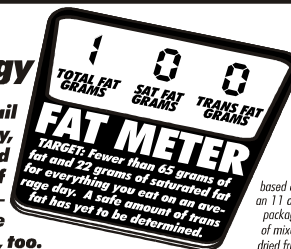
FIGHT THE FAT!



ITEM: Dried Fruit

VERDICT: Sweet Energy

TIP: Dried fruit – alone or in a trail mix – is a great source of quick energy, especially for strenuous or extended physical activity. But a mere handful of raisins is the same as a pound of grapes – and all the sugar is concentrated in the drying process, so the calories are concentrated, too.



based on
an 11 oz.
package
of mixed
dried fruit