



September 2010 Cycle Menu

\$ 60.00

20 Meal Days

\$ 3.00 per meal each day

Student Name: _____ Grade: _____

MAKE THE CHECKS PAYABLE TO:

**** Doctors Charter School of Miami Shores ****

* There is a \$20 bank fee for returned checks & lunch services will cease *

Please notify the school of any food allergies that your son/daughter may have.

**** Menu approved by the National School Lunch Program ****

September 1-3			Cheeseburger On WW Bun Tomato & Lettuce Baked Tater Tots Apple Ketchup & Mustard Milk	Hot dog Baked Beans Corn on the Cob Banana Milk	Cheese Pizza Tossed Salad W/ Dressing Fresh Fruit Milk
September 6-10	<i>Labor Day No School</i>	Hot Dog Baked Beans Corn on the Cob Banana Milk	Caribbean Glazed Chicken Gordita on WW Shell Steamed Broccoli Fresh Fruit Milk	<i>Teacher Planning Day No School</i>	Cheese Pizza Tossed Salad W/ Dressing Fresh Fruit Milk
September 13-17	Chicken Patty WW Hamburger Bun Lettuce & Tomato Corn on the cob Orange Ketchup & Mustard Milk	Jumbo Soft Taco on WW Shell w/ Ground Turkey Lettuce & Tomatoes Shredded Cheese Yellow Rice w/ Mexican Beans Fresh Fruit Milk	Chicken Tenders Mashed Potatoes Broccoli w/ cheese WW Dinner Roll Margarine Peaches Milk	Beefaroni Caesar Salad WW Garlic Roll Apple Milk	Cheese Pizza Tossed Salad W/ Dressing Fresh Fruit Milk
September 20-24	Turkey/Cheese Sandwich Garden Salad Strawberry Applesauce Milk	Chicken Parmesan w/ WW Pasta Veggie Medley Peaches Milk	Meatloaf with brown sauce Mashed Potato Corn WW Dinner Roll Margarine Fresh Fruit Milk	Chicken Caesar Wrap on WW Lettuce & Tomato Carrots Peaches Milk	Cheese Pizza Tossed Salad W/ Dressing Fresh Fruit Milk
September 27-30	Mexican Tacos w/ Ground beef Lettuce & Tomatoes Shredded Cheese Yellow Rice w/ corn & red peppers Fresh Fruit Milk	Chicken Mixed w/ yellow rice Tossed Salad Sweet Baked Plantains WW Dinner Roll Fruit Cocktail Milk	Cheeseburger On WW Bun Tomato & Lettuce Baked Tater Tots Apple Ketchup & Mustard Milk	Hot dog Baked Beans Corn on the Cob Banana Milk	

**** SUBMIT THIS FORM WITH FULL PAYMENT BY SEPTEMBER 3, 2010****

See back for September's Menu