

# Maplewood Career Center Cafeteria Menu for September and October 2010

30	31	1	2	3
	Cheeseburgers/Bun	Ravioli/Meat Sauce	Spicy Chicken/Bun	Pizza
Welcome Back	Chicken Tenders	Chicken Patty/Bun	Ham & Cheese Stromboli	Fish Sandwich
Staff and Students	Ham and Cheese Sub	Turkey Sub	Chicken Wrap	
	French Fries	French Fries	French Fries	French Fries
	Green Beans	Broccoli	Sweet Corn	Cook's Choice
	Applesauce	Peaches	Pineapple	Fruit and Vegetable
	Milk	Milk Bread Stick	Milk	Milk
6	7	8	9	10
	Hamburger/Bun	Chicken Patty/Bun	Spicy Chicken/Bun	Pizza
Labor Day	Chicken Nuggets	Quesadilla	BBQ Rib/Bun	Fish Sandwich
No School	Ham and Cheese Sub	Turkey Sub	Chicken Wrap	
	French Fries	Cheesy Potatoes	French Fries	French Fries
	Sweet Corn	Green Beans	Garden Salad	Cook's Choice
	Applesauce Pudding	Peaches	Pears	Vegetable and Fruit
	Milk	Milk	Milk	Milk
13	14	15	16	17
	Spaghetti/Meat Sauce	Country Fried Steak	Hot Dog/Chili Sauce	Pizza
Chicken Tenders	Popcorn Chicken	Chicken Patty/Bun	Spicy Chicken/Bun	Fish Sandwich
Ham and Cheese Sub	Chef Salad	Egg Salad Sandwich	Chef Salad	
	French Fries	Mashed Potatoes/Gravy	French Fries	French Fries
	Sweet Corn	California Blend	Broccoli	Cook's Choice
	Apple Crisp	Sliced Pears	Pineapple	Vegetable and Fruit
	Milk Bread Stick	Milk Biscuit	Milk	Milk
20	21	22	23	24
	Pasta/Alfredo Sauce	Ham & Cheese Stromboli	Turkey Pot Pie	Pizza
Chicken Nuggets	Quesadilla	Chicken Patty/Bun	Spicy Chicken/Bun	Fish Sandwich
Ham and Cheese Sub	Chef Salad	Egg Salad Sandwich	Chef Salad	
	French Fries	Cheesy Potatoes	French Fries	French Fries
	Green Beans	Sweet Corn	California Blend	Cook's Choice
	Applesauce	Pineapple	Peaches	Vegetable and Fruit
	Milk Bread Stick	Milk	Milk	Milk
27	28	29	30	1
	Chicken Parmesan	Country Fried Steak	BBQ Pork/Bun	Pizza
Chicken Tenders	Chicken Patty/Bun	Ham and Cheese Sandwich	Spicy Chicken/Bun	Fish Sandwich
Ham and Cheese Sub	Chef Salad	Egg Salad Sandwich	Chef Salad	
	French Fries	Mashed Potatoes/Gravy	French Fries	French Fries
	Green Beans	Broccoli	Sweet Corn	Cook's Choice
	Cherry Crisp	Pears	Peaches	Vegetable and Fruit
	Milk	Milk Biscuit	Milk	Milk
4	5	6	7	8
	Quesadilla	Popcorn Chicken	Mexican Lasagna	Pizza
Chicken Nuggets	Mac and Cheese	Ham & Cheese Stromboli	Spicy Chicken/Bun	Fish Sandwich
Ham and Cheese Sub	Sliced Turkey Sandwich	Egg Salad Sandwich	Chicken Wrap	
	French Fries	Cheesy Potatoes	French Fries	French Fries
	Sweet Corn	Green Beans	Broccoli	Cook's Choice
	Applesauce	Peaches	Pineapple	Vegetable and Fruit
	Milk Cheese Stick	Milk	Milk	Milk

Build your Lunch choose an Entree', Vegetable, Fruit and Milk for \$2.25

Chef Salad available, add a milk for \$2.25

Adult Lunches \$3.50 Menu subject to change.

NO CHARGES. Your account must have money in order to make a purchase.