October 2012

Our Specials Today Are . . .

Burris Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 1 Ham Red Grapes Whole-Grain French Toast **LUNCH** Chicken & Bean Tacos Spanish Brown Rice/ Refried Beans Steamed Broccoli Buds Apple Juice/Grapefruit Segments Milk	**BREAKFAST** 2 Sausage Link Grapefruit Whole-Grain Waffle Sticks **LUNCH** Baked Lemon Pepper Cod Meatball Sub on Wheat Lg. Grain & Wild Rice/Italian Blend Veggies Orange Juice/Red Grape Cluster Milk	**BREAKFAST** 3 Turkey Bacon Strawberries Whole-Grain Pancakes **LUNCH** BBQ Pork Sand. on Wheat Bun/Salisbury Steak Mashed Potatoes w/Beef Gravy California Blend Veggies/Wheat Roll Grape Juice/Strawberries Milk	**BREAKFAST** 4 Turkey Sausage Patty Apple Slices Whole-Grain French Toast Sticks **LUNCH** Hot Ham & Cheese Sandwich on Wheat Teriyaki Chicken Breast/Honey Glazed Carrots Brown Rice w/Red Peppers Apple Juice/Apple Slices Milk	**BREAKFAST** 5 Sausage Patty Honeydew Waffle **LUNCH** Whole-Grain Cheese or Pepperoni Pizza Whole Wheat Breadstick Winter Blend Vegetables Orange Juice/Honeydew Chunks Milk
BREAKFAST 8 Turkey Sausage Patty Cantaloupe Whole-Grain Pancake **LUNCH** Lemon-Marinated Chicken Breast Hot Dog on Wheat Bun Spinach & Black-Eyed Peas Casserole Capri Blend Veggies/Wheat Roll Grape Juice/Pineapple Chunks Milk	**BREAKFAST** 9 Ham Pineapple Whole-Grain French Toast **LUNCH** Baked Parmesan Cod Wh. Wheat Penne w/Meatballs&Alfredo Sauce California Blend Vegetables Apple Juice/Cantaloupe Chunks Milk	**BREAKFAST** 10 Sausage Patty Mandarin Oranges Waffle **LUNCH** Yankee Pot Roast/Pork Loin Roast Roasted Sweet Potato Wedges Confetti Rice/Steamed Broccoli Florets Orange Juice/Mandarin Oranges Milk	**BREAKFAST** 11 Turkey Bacon Peaches Whole-Grain French Toast **LUNCH** Baked Crumb-Topped Cod/BBQ Meatloaf Red Beans & Brown Rice Green Beans/Wheat Roll Grape Juice/Sliced Peaches Milk	**BREAKFAST** 12 Sausage Link Tropical Fruit Whole-Grain Waffle Sticks **LUNCH** Hamburger/Cheeseburger on Wheat Bun Oven-Crunch Cod Sandwich Whole Wheat Rotini & Cheese Casserole Italian Blend Vegetables Apple Juice/Tropical Fruit Salad Milk
BREAKFAST 15 Turkey Bacon Grapefruit Waffle **LUNCH** BBQ Chicken Breast Wh. Wheat Penne w/Ital. Sausage & Sauce Cheesy Broccoli & Brown Rice Casserole Zucchini & Red Peppers/Wheat Breadstick Orange Juice/Grapefruit Segments Milk	**BREAKFAST** 16 Sausage Patty White Grape Cluster Whole-Grain French Toast **LUNCH** Chicken Patty Sandwich on Wheat Bun Chili/Whole Wheat Rotini & Cheese Steamed Carrots/Prince William Blend Veggies Grape Juice/White Grape Cluster Milk	**BREAKFAST** 17 Ham Mandarin Oranges Whole-Grain French Toast Sticks **LUNCH** Beef & Bean Fajitas Spanish Brown Rice/Refried Beans Chuckwagon Corn Apple Juice/Mandarin Oranges Milk	**BREAKFAST** 18 Turkey Sausage Patty Honeydew Whole-Grain Waffle Sticks **LUNCH** Sloppy Joe on Wheat Bun Club Sandwich on Wheat Limas Beans, Corn, & Red Peppers Orange Juice/Honeydew Chunks Milk	**BREAKFAST** 19 Sausage Link Strawberries Whole-Grain Pancake **LUNCH** Whole-Grain Cheese or Pepperoni Pizza Whole Wheat Breadstick California Blend Vegetables Grape Juice/Strawberries Milk
		BREAKFAST 24 Turkey Sausage Peaches Whole-Grain French Toast **LUNCH** Chicken & Noodles Fire-Roasted Peppercorn Tilapia Mashed Potatoes w/Chicken Gravy Green Beans/Wheat Roll Grape Juice/Sliced Peaches/Milk	**BREAKFAST** 25 Turkey Bacon Pineapple Whole-Grain Pancake **LUNCH** Philly Cheesesteak on Wheat. Wh. Wheat Rotini w/Meatballs & Marinara Pacific Blend Veggies/Whole Wheat Breadstick Apple Juice/Fresh Pineapple Chunks Milk	**BREAKFAST** 26 Sausage Patty Cantaloupe Whole-Grain Waffle Sticks **LUNCH** Baked Chicken or Vegetarian Nuggets White Chicken Chili/Wh. Wheat Rotini & Chz Honey Glazed Carrots Orange Juice/Cantaloupe Chunks Milk
BREAKFAST 29 Ham Red Grapes Whole-Grain French Toast **LUNCH** Chicken & Bean Tacos Spanish Brown Rice/Refried Beans Steamed Broccoli Buds Apple Juice/Grapefruit Segments Milk	**BREAKFAST** 30 Sausage Link Grapefruit Whole-Grain Waffle Sticks **LUNCH** Baked Lemon Pepper Cod Meatball Sub on Wheat Lg. Grain & Wild Rice/Italian Blend Veggies Orange Juice/Red Grape Cluster Milk	**BREAKFAST** 31 Turkey Bacon Strawberries Whole-Grain Pancake **LUNCH** BBQ Pork Sand. on Wheat Bun/Salisbury Steak Mashed Potatoes w/Beef Gravy California Blend Veggies/Wheat Roll Grape Juice/Strawberries Milk		

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Burris Dining

Breakfast

7:30 - 8:30 a.m. - Hot Breakfast
8:30 - 10:30 a.m. - Continental Breakfast

Breakfast Menu Items

Scrambled Eggs, Whole-Grain Breakfast Bars, Kellogg's & General Mills Cereals, Wheat Toast, Wheat Bagels, Bananas, Apples, Clementines, Orange Juice, Skim & 1% Milk, Silk Soy Milk

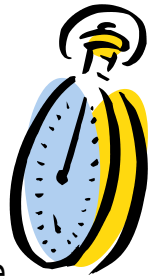
Lunch

10:30 a.m. - 1:20 p..m
Snacks available from 8:30 a.m. - 1:20 p.m.

Lunch Menu Items

Full Salad Bar including spinach, romaine, broccoli, red peppers, chickpeas, sunflower seeds, Ken's dressing, Turkey & Cheese on Wheat, Turkey on Wheat, Peanut Butter & Jelly on Wheat, Cottage Cheese, Yoplait Greek Yogurt

Don't have time for breakfast at home?



For only $2.50 your child can have a full MyPlate breakfast that includes whole grains, fruit, milk, and a healthy protein.

Burris Dining Fun Facts:

- Deep fryers are never used
- Use well-known brands like Tyson, Heinz, Yoplait, Hormel, Ken's, Kellogg's, General Mills, and Silk
- Almost all grains are now whole grains
- Chef-created menu meets and exceeds new federal nutritional guidelines
- Increased variety of dark green & orange vegetables like spinach & sweet potatoes
- Salad bar items are sourced locally, if possible
- We never use imitation cheese
- Deli meats are all natural - without preservatives