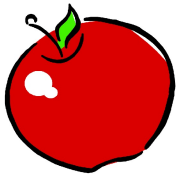
September 2012

Our Specials Today Are . . .

Burris Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 **LABOR DAY** **NO SCHOOL** 	**BREAKFAST** 4 Sausage Link Grapefruit Waffle Sticks **LUNCH** Baked Lemon Pepper Cod Meatball Sub on Wheat Long Grain & Wild Rice Blend Italian Blend Vegetables Orange Juice/Red Grapes Milk	**BREAKFAST** 5 Turkey Bacon Strawberries Whole-Grain Pancakes **LUNCH** Pork BBQ Sandwich on Wheat Salisbury Steak Mashed Potatoes w/Beef Gravy Calif. Blend Veggies/Honey Wheat Roll Grape Juice/Strawberries Milk	**BREAKFAST** 6 Turkey Sausage Patty Apple Slices Whole-Grain French Toast **LUNCH** Hot Ham & Cheese on Wheat Teriyaki Chicken Breast Brown Rice w/Red Peppers Honey-Glazed Carrots Apple Juice/Apple Slices Milk	**BREAKFAST** 7 Sausage Patty Honeydew Melon Whole-Grain Waffle **LUNCH** Wh. Grain Cheese or Pepperoni Pizza Winter Blend Vegetables Whole Wheat Breadsticks Orange Juice/Honeydew Chunks Milk
BREAKFAST 10 Turkey Sausage Patty Cantaloupe Whole-Grain Pancakes **LUNCH** Lemon-Marinated Chix Brst/Hotdog onWh. Bun Spinach & Black-Eyed Pea Casserole Capri Blend Veggies/Soft Wh. Grain Pretzel Grape Juice/Pineapple Milk	**BREAKFAST** 11 Sliced Ham Pineapple Whole-Grain French Toast **LUNCH** Baked Parmesan Cod Wh. Wheat Penne w/Meatballs & Alfredo Sauce California Blend Veggies Apple Juice/Cantaloupe Chunks Milk	**BREAKFAST** 12 Sausage Patty Mandarin Oranges Whole-Grain Waffles **LUNCH** Yankee Beef Pot Roast/Roast Pork Loin Roasted Sweet Potato Wedges Steamed Broccoli Florets/Confetti Rice Orange Juice/Mandarin Oranges Milk	**BREAKFAST** 13 Turkey Bacon Peaches Whole-Grain French Toast **LUNCH** Crumb Topped Baked Cod/BBQ Meatloaf Red Beans & Brown Rice Green Beans/Honey Wheat Roll Grape Juice/Sliced Peaches Milk	**BREAKFAST** 14 Sausage Links Tropical Fruit Waffle Sticks **LUNCH** Hamburger or Cheeseburger on Wheat Oven Crunch Cod Sandwich Whole Wheat Rotini & Cheese Italian Blend Vegetables Apple Juice/Tropical Fruit Salad Milk
BREAKFAST 17 Turkey Bacon Grapefruit Whole-Grain Waffles **LUNCH** BBQ Chix Breast/Penne w/Ital. Saus. & Sauce Chzy Broccoli & Brown Rice Casserole Sauteed Zucchini & Red Peppers/Breadstick Orange Juice/Grapefruit Segments Milk	**BREAKFAST** 18 Sausage Patty White Grapes Whole-Grain French Toast **LUNCH** Chicken Patty Sand. on Wheat Bun/Chili Wh. Wheat Rotini & Cheese Casserole Prince William Blend Veggies/Baby Carrots Grape Juice/White Grapes Milk	**BREAKFAST** 19 Slice Ham Mandarin Oranges Whole-Grain French Toast **LUNCH** Beef Fajitas/Bean Fajitas Spanish Rice Refried Beans Chuckwagon Corn Apple Juice/Mandarin Oranges Milk	**BREAKFAST** 20 Turkey Sausage Patty Honeydew Melon Waffle Sticks **LUNCH** Sloppy Joe on Wheat Bun Club Sandwich on Wheat Lima Beans, Corn, & Red Peppers Orange Juice/Honeydew Chunks Milk	**BREAKFAST** 21 Sausage Links Strawberries Whole-Grain Pancakes **LUNCH** Wh. Grain Cheese or Pepperoni Pizza California Blend Vegetables Whole Wheat Breadsticks Grape Juice/Strawberries Milk
BREAKFAST 24 Sausage Patty Tropical Fruit Whole-Grain French Toast Sticks **LUNCH** BBQ Rib Sandwich on Wheat Vegetable Lasagna Roasted Red Potatoes Sugar Snap Peas Apple Juice/Tropical Fruit Salad Milk	**BREAKFAST** 25 Sausage Links Strawberries Whole-Grain Waffles **LUNCH** Sloppy Joe on Wheat Bun Baked Honey Mustard Chix Breast Brown Rice w/Red Peppers/Baked Beans Orange Juice/Strawberries Milk	**BREAKFAST** 26 Turkey Sausage Patty Peaches Whole-Grain French Toast **LUNCH** Chicken & Noodles Fire-Roasted Peppercorn Tilapia Mashed Potatoes w/Chix Gravy Green Beans/Honey Wheat Roll Grape Juice/Sliced Peaches Milk	**BREAKFAST** 27 Turkey Bacon Pineapple Whole-Grain Pancakes **LUNCH** Philly Cheesesteak on Wheat Wh. Wheat Rotini w/Meatballs & Sauce Pacific Blend Veggies/Wh. Wheat Breadsticks Apple Juice/Pineapple Milk	**BREAKFAST** 28 Sausage Patty Cantaloupe Waffle Sticks **LUNCH** Baked Chicken or Vegetarian Nuggets White Chicken Chili Whole Wheat Rotini & Cheese Honey-Glazed Carrots Orange Juice/Cantaloupe Chunks 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

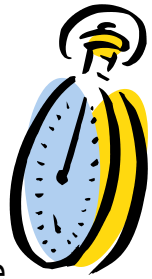
Lunch

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 $2.40 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