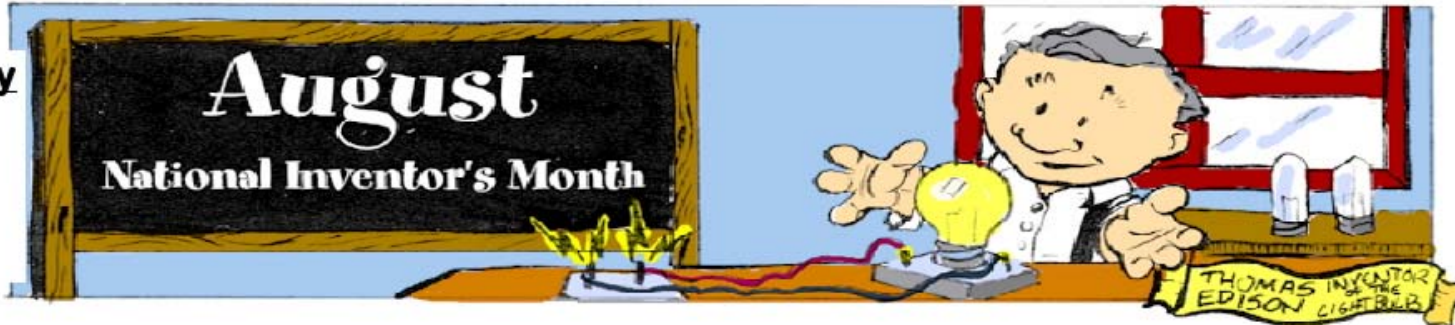




**Monticello Academy
at Lake Park
MINUTEMEN
LUNCH MENU
AUGUST 2010**



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>23</p> <p>Fried Chicken CORN Garlic/Butter Bread Sticks MILK - Variety APPLESAUCE</p>	<p>24</p> <p>Hoagie Sub on Wheat MUSTARD & Mayonnaise Baked Lay's Potato Chips PEACHES MILK - Variety</p>	<p>25</p> <p>SPAGHETTI AND MEAT Balls Whole Wheat Rolls butter Chip CARROT STICKS MILK - Variety PEARS</p>	<p>26</p> <p>PIZZA WITH CHEESE cheese Bread Sticks PINEAPPLE Rings SALAD w/Ranch MILK - Variety</p>	<p>27</p> <p>TURKEY W/CHEESE On a Roll MUSTARD/Mayo Apple Slices MILK - Variety Baked Lay's Potato Chips</p>	<p>Cal 727 T.Fat 25.71 G S.Fat 8.0 G Chol 84.5 Mg Sodm 1119.64 Mg Carb 91.08 G Fiber 7.3 G Prtn 35.13 G Iron 4.63 Mg Calc 513.43 Mg Vit A 989.38 RE Vit C 16.70 Mg</p>
Menu subject to change without notice.					
<p>30</p> <p>Meat Loaf w/Sauce Crinkle Cut fries Ketchup Packet Orange Slices Wheat Roll Butter Chip 1% Milk Variety</p>	<p>31</p> <p>Chicken Nuggets BBQ Sauce Pasta Salad Celery Sticks Apple Slices Milk, Variety</p>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>Lunch Meal Prices: \$ 1.80 1st thru 6th \$ 12.60 Full Month \$ 1.95 7th thru 9th \$ 13.65 Full Month .40 Reduced \$ 2.80 Full Month Reduced .45 Milk varieties \$ 3.00 Adults</p> </div>			<p>Cal 723 T.Fat 30.86 G S.Fat 7.9 G Chol 56.3 Mg Sodm 885.98 Mg Carb 85.57 G Fiber 9.8 G Prtn 30.58 G Iron 4.16 Mg Calc 384.84 Mg Vit A 376.42 RE Vit C 49.88 Mg</p>
"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"					