

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



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
<b>Lunch Meal Prices:</b> \$ 1.80 1st thru 6th \$ 36.00 Full Month \$ 1.95 7th thru 9th \$ 39.00 Full Month .40 Reduced \$ 8.00 Full Month Reduced .45 Milk varieties \$ 3.00 Adults		<b>1</b> CHEESEBURGER ON A BUN CARROTS APPLESAUCE FRENCH FRIES COOKIE MILK - Variety	<b>2</b> PEPPERONI PIZZA Bread Sticks SALAD, TOSSED RANCH DRESSING PINEAPPLE RINGS MILK - Variety	<b>3</b> Chicken TAQUITO'S MINI BURRITO'S TORTILLA CHIPS FRESH VEGGIES MIXED FRUIT MILK - Variety	<i>Cal</i> 707 <i>T.Fat</i> 14.98 G <i>S.Fat</i> 5.6 G <i>Chol</i> 46.7 Mg <i>Sodm</i> 938.43 Mg <i>Carb</i> 117.49 G <i>Fiber</i> 11.4 G <i>Prtn</i> 31.87 G	
<b>6</b> Labor Day No School	<b>7</b> SPAGHETTI AND MEAT BALLS SALAD, TOSSED RANCH DRESSING PEACHES MILK - Variety ROLL WHOLE WHEAT	<b>8</b> SALISBURY STEAK FRENCH FRIES BREAD STICK FRUIT, FRESH ASSORTED Chocolate Chip Cookies MILK - Variety	<b>9</b> CHEESE PIZZA Bread Sticks CELERY STICKS CARROT STICKS PINEAPPLE CHUNKS MILK - Variety	<b>10</b> <u>Breakfast for Lunch</u> FRENCH TOAST STICKS SYRUP, PANCAKE Sausage Patty MILK - Variety-MA FRUIT, FRESH ASSORTED	<i>Cal</i> 682 <i>T.Fat</i> 16.10 G <i>S.Fat</i> 6.1 G <i>Chol</i> 72.5 Mg <i>Sodm</i> 712.31 Mg <i>Carb</i> 108.22 G <i>Fiber</i> 9.3 G <i>Prtn</i> 30.90 G	
<b>13</b> TACO SALAD ON TORTILLA CHIPS BREAD STICK GRAPES, Fresh COOKIE MILK - Variety	<b>14</b> Chicken Sand POTATO WEDGES CORN MILK - Variety Apple Slices	<b>15</b> SLOPPY JOE ON A ROLL FRIES W FRY SAUCE PEACHES MILK - Variety	<b>16</b> PEPPERONI PIZZA Bread Sticks SALAD W/ RANCH PINEAPPLE CHUNKS MILK - Variety	<b>17</b> Chicken Nuggets POTATO PUFFS Yogurt, Lowfat MIXED VEGETABLES MILK - Variety	<i>Cal</i> 708 <i>T.Fat</i> 18.24 G <i>S.Fat</i> 6.6 G <i>Chol</i> 63.6 Mg <i>Sodm</i> 1015.76 Mg <i>Carb</i> 105.46 G <i>Fiber</i> 9.5 G <i>Prtn</i> 36.10 G	
<b>20</b> MA-RIB Sandwich FRENCH FRIES FRESH VEGGIES BARBECUE SAUCE FRUIT COCKTAIL MILK - Variety	<b>21</b> SPAGHETTI AND MEAT BALLS SALAD, TOSSED RANCH DRESSING PEACHES MILK - Variety ROLL WHOLE WHEAT	<b>22</b> HOT DOG ON A BUN FRENCH FRIES SALAD, TOSSED MILK VARIETY RANCH DRESSING PEACHES, FRESH	<b>23</b> <u>Short Day Conferences</u> <u>Breakfast for Lunch</u> Sausage 'n Pancake on a SYRUP, PANCAKE HASHBROWNS PEACHES MILK - Variety	<b>24</b> NO SCHOOL NO LUNCH	<i>Cal</i> 670 <i>T.Fat</i> 21.03 G <i>S.Fat</i> 6.8 G <i>Chol</i> 72.3 Mg <i>Sodm</i> 968.38 Mg <i>Carb</i> 97.79 G <i>Fiber</i> 8.6 G <i>Prtn</i> 27.31 G	
<b>27</b> Beef Ravioli Bread Sticks SALAD, TOSSED RANCH DRESSING APPLE SAUCE MILK VARIETY	<b>28</b> CHICKEN NUGGETS POTATO WEDGES MIXED VEGETABLES BREAD STICK FRESH FRUIT MILK variety	<b>29</b> VEGETABLE PIZZA Bread Sticks SALAD WITH RANCH DRESSING PINEAPPLE CHUNKS MILK - Variety	<b>30</b> Corn Dog FRENCH FRIES FRUIT, FRESH ASSORTED yogurt mixed MILK - Variety MIXED FRUIT	<b>"THIS INSTITUTION IS AN            EQUAL OPPORTUNITY            PROVIDER"</b>		<i>Cal</i> 818 <i>T.Fat</i> 16.16 G <i>S.Fat</i> 6.1 G <i>Chol</i> 43.3 Mg <i>Sodm</i> 942.93 Mg <i>Carb</i> 148.27 G <i>Fiber</i> 11.9 G <i>Prtn</i> 28.73 G