

Mirman School Menu September 2009-January 2010

Name _____ Phone # _____ Grade _____

E-mail _____

Monday	Tuesday	Wednesday	Thursday	Friday
All lunches include fruit, dessert, beverage and the side dishes (rice, beans, potatoes, edamame, pasta salad, corn, salad, veggie stix) that compliment each entrée. <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 5px auto; width: 80%;"> CIRCLE OR HIGHLIGHT YOUR CHOICE FOR LUNCH </div>				
Pasta with Turkey Meatballs August 31	Low Fat Pizza with Wheat Crust September 1	Taco Fiesta September 2	Chicken Teriyaki with Steamed Rice September 3	Turkey or Tuna Sandwich September 4
<i>Labor Day No School</i> September 7	Low Fat Pizza with Wheat Crust September 8	Grilled Hamburger On A Wheat Bun September 9	BBQ Tri Tip Sandwich September 10	Chicken Wrap September 11
Baked Potato September 14	Low Fat Pizza with Wheat Crust September 15	Chicken Enchilada Fiesta September 16	Pasta with Turkey Meatballs September 17	<i>Teacher In-Service No School</i> September 18
Chicken Teriyaki with Steamed Rice September 21	Low Fat Pizza with Wheat Crust September 22	Roasted Turkey with Mashed Potatoes September 23	Grilled All Beef Hot Dog On A Wheat Bun September 24	Mac and Cheese With Grilled Chicken September 25
<i>Yom Kippur No School</i> September 28	Low Fat Pizza with Wheat Crust September 29	Pasta with Turkey Meatballs September 30	Taco Fiesta October 1	Grilled Hamburger On A Wheat Bun October 2
Chicken Drumsticks with Mashed Potatoes October 5	Low Fat Pizza with Wheat Crust October 6	Turkey or Tuna Sandwich October 7	Grilled All Beef Hot Dog On A Wheat Bun October 8	Chicken Teriyaki with Steamed Rice October 9
Pasta with Turkey Meatballs October 12	Low Fat Pizza with Wheat Crust October 13	Chicken Enchilada Fiesta October 14	Roasted Chicken with Mashed Potatoes October 15	Chicken Wrap October 16
Grilled Hamburger On A Wheat Bun October 19	Low Fat Pizza with Wheat Crust October 20	Mac and Cheese With Grilled Chicken October 21	Baked Ziti Lasagna October 22	Baked Potato October 23
Orange Chicken with Steamed Rice October 26	Low Fat Pizza with Wheat Crust October 27	Roasted Turkey with Mashed Potatoes October 28	Tasty Turkey Gyro October 29	Spooky Spaghetti October 30
Taco Fiesta November 2	Low Fat Pizza with Wheat Crust November 3	Grilled All Beef Hot Dog On A Wheat Bun November 4	Chicken Wrap November 5	Turkey Meatball Sub November 6
Chicken Enchilada Fiesta November 9	Low Fat Pizza with Wheat Crust November 10	<i>Veteran's Day No School</i> November 11	BBQ Tri Tip Sandwich November 12	Chicken Teriyaki with Steamed Rice November 13
Soup and ½ Sandwich November 16	Low Fat Pizza with Wheat Crust November 17	Grilled Hamburger On A Wheat Bun November 18	Baked Ziti Lasagna November 19	<i>Special Event Lunch</i> November 20
BBQ Tri Tip Sandwich November 23	Low Fat Pizza with Wheat Crust November 24	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Thanksgiving Break </div> November 25 November 26 November 27		
<div style="border: 1px solid black; padding: 5px; text-align: center;"> Parent Conferences No School </div> November 30 December 1		Pasta with Turkey Meatballs December 2	Grilled All Beef Hot Dog On A Wheat Bun December 3	Chicken Teriyaki with Steamed Rice December 4
Taco Fiesta December 7	Low Fat Pizza with Wheat Crust December 8	Soup and ½ Sandwich December 9	Baked Potato December 10	Mac and Cheese With Grilled Chicken December 11
Pasta with Turkey Meatballs December 14	Low Fat Pizza with Wheat Crust December 15	Taco Fiesta December 16	Baked Ziti Lasagna December 17	<i>Early Dismissal No Lunch</i> December 18
Winter Break December 21 – January 1				
Grilled All Beef Hot Dog On A Wheat Bun January 4	Low Fat Pizza with Wheat Crust January 5	Baked Potato January 6	Pasta with Turkey Meatballs January 7	Soup and ½ Sandwich January 8
Chicken Teriyaki with Steamed Rice January 11	Low Fat Pizza with Wheat Crust January 12	Grilled Hamburger On A Wheat Bun January 13	Roasted Turkey with Mashed Potatoes January 14	Mac and Cheese With Grilled Chicken January 15

Circle or highlight your choices for lunch

Total Lunches _____ x \$6.00 = Total Amount _____

Lunch cancellation by 8:00am for full credit email hotlunch@ca.rr.com.

Please make checks payable to California Fresh Foods,

Mail menu and checks to California Fresh Foods, 9349 Melvin Ave., #6, Northridge, CA 91324