

West Fork

Breakfast/Hot Lunch

August/September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>23 Sheffield – Cereal, Toast Tacos, Rice Pilaf, Sandwich</p> <p>2:00 Dismissal</p>	<p>24 Sheffield – Pancakes, Sausage Hotdog, Sun Chips, Apple/Caramel</p> <p>Rockwell – Cereal & yogurt Chicken nuggets, corn, peaches, peanut butter/butter sandwich</p> <p>2:00 Dismissal</p>	<p>25 Sheffield – Egg Patty, Bacon, Toast Pasta Marinara, Breadsticks, Jello</p> <p>Rockwell – Breakfast pizza Sloppy Joes/bus, fries, cooked carrots, applesauce</p>	<p>26 Sheffield–French Toast Sticks, Sausage Chicken Gravy, Mashed Potatoes, Corn</p> <p>Rockwell – Egg/ham/cheese bun Cold turkey or ham on bun, pasta salad, cherries, chocolate chip cookies</p>	<p>27 Sheffield – Breakfast Pizza Scaloped Potatoes, Ham, Green Beans, Rosy Applesauce</p> <p>Rockwell – Breakfast pizza Corn dogs, tator tots, pears, ice cream treat</p>
<p>30 Sheffield – Cereal, Toast Chicken Wraps</p> <p>Rockwell –Pancake on a stick Loose meat/bun, fries, applesause, chocolate chip cookie</p>	<p>31 Sheffield – Pancake on a Stick, Ham Sandwich, Potato Salad, Oranges</p> <p>Rockwell –Cereal & yogurt Chicken fajita/flour shell/lettuce/tomato/cheese, grapes, granola bar</p>	<p>1 Sheffield Scrambled Eggs, Toast Italian Dunkers, Hash Browns, Green Beans</p> <p>Rockwell – Breakfast pizza Hot dog/bun, baked beans, plain chips, peaches</p>	<p>2 Sheffield – Waffles, Sausage, Orange Chili Crispitos, Rice Pilaf, Sandwich</p> <p>Rockwell – French toast & ham Taco salad, meat, lettuce/tomato/cheese, mixed fruit, cake w/frosting</p>	<p>3 Sheffield – Breakfast Wrap, Toast Cheese Pizza, Corn</p> <p>Rockwell – Biscuits & gravy, Egg/ham/cheese bun, hash browns, ½ orange, m&m chocolate chip cookie</p>
<p>6 NO SCHOOL LABOR DAY</p>	<p>7 Sheffield – Oatmeal, Toast Chicken Sandwich, Mashed Potatoes, Baked Beans</p> <p>Rockwell – Pancake on a stick Crispitos/cheese, Mexican rice, applesauce, butter/peanut butter sandwich</p>	<p>8 Sheffield – Egg Patty, Toast, Bacon Beefburger, French Fries, Green Beans</p> <p>Rockwell –Breakfast pizza Cheese pizza, mini salad bar, peaches</p>	<p>9 Sheffield – French Toast, Sausage Chicken Alfredo,, Broccoli/Cheese</p> <p>Rockwell – Cereal & donuts Beef & cheese nachos, yogurt parfaits, green beans, pineapple</p>	<p>10 Sheffield – Breakfast Pizza, Yogurt Shrimp Shapes, Mac & Cheese, Rosy Applesauce</p> <p>Rockwell – Biscuits & gravy Corn dog, tater tots, watermelon, sugar cookie</p>
<p>13 Sheffield – Oatmeal, Toast, Yogurt Pizzaburger, Hash Browns, Pears</p> <p>Rockwell – Scrambled eggs & toast Shrimp poppers, mashed potatoes, corn, pears, butter/peanut butter sandwich</p>	<p>14 Sheffield – Pancake on a Stick Hot Turkey Sandwich, Mashed Potoates, Gravy, Corn</p> <p>Rockwell – Pancake & ham Taco/soft shell, lettuce/tomato/cheese, applesauce, cake w/frosting</p>	<p>15 Sheffield – Scrambled Eggs, Ham, Popcorn Chicken, Fries, Green Beans</p> <p>Rockwell – Breakfast Pizza Tater tot casserole, green beans, pineapple, butter/peanut butter sandwich, monster cookie</p> <p>2:00 Dismissal</p>	<p>16 Sheffield – Waffles, Sausage Tacos, Rice Pilaf, Sandwich</p> <p>Rockwell – French toast & lil smokies Spaghetti plain or meat sauce, homemade French bread, cheese, peaches, carrot stick w/ ranch</p>	<p>17 Sheffield –Breakfast Bar, Ham, Eggs BBQ Pork Sandwich, Potato Wedges, Apples</p> <p>Rockwell –Biscuits & gravy Bosco sticks, lettuce salad, mandarin oranges</p>
<p>20 Sheffield – Cereal, Cereal Bars Chicken Nuggets, Mashed Potatoes, Baked Beans</p> <p>Rockwell –Cereal & yogurt Hamburger on bun, fries, applesauce, trail mix</p>	<p>21 Sheffield – Pancake on a Stick Weiner Winks, Hash Browns, Chocolate Chip Cookies</p> <p>Rockwell – Pancake on a stick Cold ham or turkey on bun, baked beans, plain chips, pineapple</p>	<p>22 Sheffield – Egg Omelet, Toast, Bacon Shrimp Shapes, Mac & Cheese, Fruit Cocktail</p> <p>Rockwell – Breakfast pizza Chicken patty on bun, cantaloupe, green beans, turtle cookie</p>	<p>23 Sheffield – French Toast, Sausage Lasagna, Garlic Toast, Green Beans</p> <p>Rockwell – Scrambled eggs & sausage BBQ rib shape, mashed potatoes, corn, pears, butter/peanut butter sandwich</p>	<p>24 Sheffield – Breakfast Pizza, Yogurt Rib Sandwich, Potato Starz/Smiles, Oranges</p> <p>Rockwell – Biscuits & gravy Cheese pizza, mini salad bar, peaches</p>
<p>27 Sheffield – Oatmeal, Toast Comdog, French Fries, Applesauce</p> <p>Rockwell –French toast & ham Hot dog on bun, fries, applesauce, carrots & celery sticks</p>	<p>28 Sheffield – Pancake on a Stick Tomato/Chicken Noodle Soup, Toasted Cheese, Cottage Cheese, Peaches</p> <p>Rockwell –Pancake on a stick Sloppy Joe on bun, green beans, grapes, snickerdoodle cookie</p>	<p>29 Sheffield – Egg Patty, Toast, Bacon Chicken Tenders, Mashed Potatoes, Baked Beans</p> <p>Rockwell – Breakfast pizza Popcorn chicken, lettuce salad, hot apple slices, butter/peanut butter sandwich</p>	<p>30 Sheffield – Waffles, Sausage Italian Dunkers, Hash Browns, Snickerdoodles</p> <p>Rockwell – Cereal & donuts Fish on bun, flavored rice, broccoli spears, peaches/kiwi/strawberries</p>	<p>ALL MEALS INCLUDE ICE COLD MILK</p>