

# MIDDLE SCHOOL MENUS FOR AUGUST & SEPTEMBER 2010



## San Leandro Unified School District Food & Nutrition Services

*This institution is an equal opportunity provider and employer.*



### available daily

#### Lunch

Choice of Hot Entrée or Deli Sandwich  
Salad Bar, Seasonal Fresh Fruit  
Choice of Milk

#### Breakfast

Choice of Hot Breakfast, Assorted Cereal, Bagel &  
Cream Cheese, Seasonal Fresh Fruit,  
100% Fruit Juice, Choice of Milk



## Featured Specials of the Day

### Wednesday, August 25

Pizza

### Thursday, August 26

Hot Dog on a Bun or Hamburger on a Bun  
w/ Garlic Fries

### Friday, August 27

Spicy or Regular Chicken Sandwich  
w/ Macaroni Salad

### Monday, August 30

Hot Pastrami  
w/ Pasta Salad

### Tuesday, August 31

Orange Chicken Rice Bowl or Vegetarian Egg Roll

### Wednesday, September 1

Pizza

### Thursday, September 2

Hot Wings or Chicken Nuggets  
w/Potato Wedges

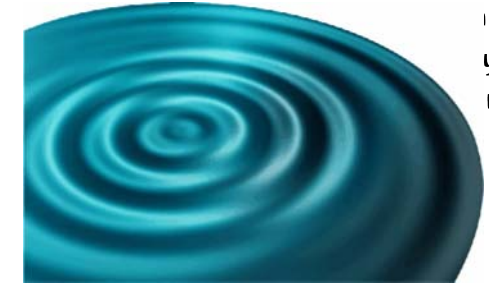
### Friday, September 3

Chicken Burrito or Beef Chalupa

Menu Subject to Change

# RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure



throughout the day, and try to make a habit of choosing water instead of soda.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

## Featured Specials of the Day

### Monday, September 6

★ LABOR DAY ★

### Tuesday, September 7

Sloppy Joe or  
Hot Dog w/Sloppy Joe Meat

### Wednesday, September 8

Pizza

### Thursday, September 9

Chicken Chow Mien or  
Vegetarian Egg Roll

### Friday, September 10

Chicken Ranch Wrap or Corn Dog