
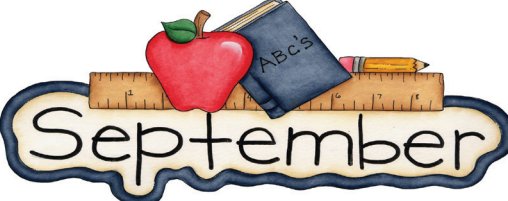



Cordova School lunch menu

PROUDLY BROUGHT TO *The Cordova Times* BY



SEPTEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All students must have AT LEAST 1/2 cup fruits or vegetables with each meal				
LABOR DAY 3 NO SCHOOL	BREAKFAST 4 French Toast Sausage/Fruit/Milk LUNCH Soft Beef Taco or Turkey Ranch Wrap/ Rice/Fruit & Veggie Bar/ Milk	BREAKFAST 5 Bagel/cream cheese/ Yogurt Fruit/Milk LUNCH Pizza or Turkey Ranch Wrap/Tossed Salad/Fruit & Veggie Bar/ Dessert /Milk	BREAKFAST 6 Biscuits & Gravy Fruit/Milk LUNCH Crispy Salmon Fingers or Turkey Ranch Wrap/Rice/ F&V Bar/Milk	BREAKFAST 7 Cereal, yogurt, fruit Juice & Milk LUNCH BBQ pulled Pork or Turkey Ranch Wrap/ Tater Tots/Fruit and veggie Bar/Milk
BREAKFAST 10 Waffles/Ham/Fruit & Milk LUNCH Mandarine Chicken or Turkey Ranch Wrap Rice/Fruit and Veggie Bar/Milk	BREAKFAST 11 Bagel/Cream Cheese/ Yogurt/Fruit/Milk LUNCH CheeseBurger Mac or Tuna Sandwich / Steamed Brocoli/F&V Bar/Milk	BREAKFAST 12 Cinnamon Roll/Yogurt Fruit/Milk LUNCH Pizza or Tuna Sandwich/Tossed Salad/Fruit & Veggie Bar/Dessert/Milk	BREAKFAST 13 Biscuits & Gravy Fruit/Milk LUNCH Oven Fried Chicken or Tuna Sandwich/ Mashed Potatoes/ Gravy/F&V Bar/Milk	BREAKFAST 14 Cereal/Yogurt/Fruit Juice/Milk LUNCH Hamburger orTuna Sandwich/Garlic Roasted Potatoes/Fruit & Veggie Bar/ Milk
BREAKFAST 17 French Toast/Sausage/ Fruit/Milk LUNCH Chicken Alfredo or Italian Sub/Steamed Broccoli/Fruit & Veggie Bar/Milk	BREAKFAST 18 Scrambled Eggs/ Toast/Fruit/Milk LUNCH Hamburger Steak or Italian Sub/ mashed Potatoes/ Gravy/Fruit & Veggie Bar/Milk	BREAKFAST 19 Bagel/cream cheese/ Yogurt Fruit/Milk LUNCH Pizza or Italian Sub/ Tossed Salad/Fruit & Veggie Bar Dessert/Fruit /Milk	BREAKFAST 20 Biscuits & Gravy Fruit/Milk LUNCH Crispy Salmon Fingers or Italian Sub/ Rice/F&V Bar/Milk	BREAKFAST 21 Cereal and Yogurt/Juice Fruit/Milk LUNCH Chicken Burger or Italian Sub/French Fries/Fruit & Veggie Bar/ Milk
BREAKFAST 24 Waffles/Sausage/ Yogurt/Fruit/Milk LUNCH Chicken Fajitas or Ham and Cheese Sandwich/Refried Beans/Fruit &Veggie Bar/Milk	BREAKFAST 25 Pancakes/Fruit/Milk LUNCH Grilled Cheese or Ham and Cheese Sandwich/ Tomato Soup/Fruit & Veggie Bar/ Milk	BREAKFAST 26 Cinnamon Roll/Yogurt Fruit/Milk LUNCH Pizza or Ham and Cheese Sandwich/ Tossed Salad/Fruit & Veggie BarDessert// Milk	BREAKFAST 27 Biscuits & Gravy Fruit/Milk LUNCH Baked Lasagna or Ham and Cheese Sandwich/Garlic Bread/Fruit and Veggie Bar/Milk	BREAKFAST 28 Cereal/Yogurt/Fruit Juice/Milk LUNCH Hamburger or Ham and Cheese Sandwich/Garlic Roasted Potatoes Fruit & Veggie Bar/Milk

Adults can eat at both campuses, please contact school office to let them know you are coming by 9:30 am.
Adult/Visitor Lunch \$5.50 Breakfast \$3

Note: September 3, 2018- Labor Day- No School, CHS- Parent Home Internet meeting Thursday Sept 6th at 5:30pm in Rm 2., Site Council Wednesday Sept 12th at 5pm. Mt. Eccles- September 11th Picture Day. Mt. Eccles Open House September 11 from 6:30-7:30pm. Site- Based Council September 18 at 6:30 at Mt. Eccles Library, PTA Meeting Tuesday 18th at Mt. Eccles Commons.

TRIBES Agreements - Mutual Respect, Attentive Listening, Appreciation/No Put Downs, Right to Pass
Check out our Mt. Eccles Elementary & Cordova Jr. /Sr. High School Facebook pages at the Cordova School District web site - <http://www.cordovasd.org/Domain/9>

Cordova School District is an Equal Opportunity Provider and Employer