

# NORTH SYRACUSE CENTRAL SCHOOLS ELEMENTARY SCHOOL LUNCH MENU SEPTEMBER 2009

**CHOOSE 1 ENTRÉE**  
**CHOOSE 2-4 OTHER ITEMS**  
Student Lunch Price: \$1.50

**Offered daily as an entrée option:**  
Peanut Butter Jelly Sandwich or  
Hamburger/Bun or Sub

Web Site: [www.nscsd.org](http://www.nscsd.org) If a student is eligible for free or reduced price lunch, they also are eligible for free or reduced breakfast.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>myLunchMoney.com</b> SET UP AN ACCOUNT FOR FREE TO VIEW YOUR BALANCE AND HISTORY You can also pay by credit or debit card for \$1.95! Set up account with student 9 digit ID# (do not use dashes) Problems: 1-800-479-3531</p>	<p><b>SNACKS ARE SENSIBLE CHOICES</b></p> <ul style="list-style-type: none"> <li>• 7 grams of fat or less</li> <li>• 360 grams of sodium or less</li> <li>• 15 grams of sugar or less</li> </ul>		<p><b>SNACKS</b></p> <p>Little Debbie 35 cents Cookies 50 cents Chips 50 cents Ice cream 65 cents Water \$1 All snack choices meet Choose Sensibly Guidelines.</p>	<p><b>BREAKFAST</b> <b>\$1.25</b>  <b>BREAKFAST INCREASES CLASSROOM PERFORMANCE</b> <b>Students eligible for free/reduced price lunch can receive free/reduced price breakfast.</b></p>
<p><b>PREPAYMENTS</b></p> <p>* lunch lines go faster. * easier for students – no need to open small baggies or find money. * track balance on <b>myLunchMoney.com</b> <b>for free</b></p>	<p><b>September 8</b></p> <p>Mozzarella Sticks &amp; Sauce <b>SIDES:</b> Garlic Bread Sticks Fresh Apple Raisins Milk Choices</p>	<p><b>September 9</b></p> <p>Walking Taco <b>SIDES:</b> Seasoned Rice Mexican Baked Beans Chilled Pears Milk Choices</p>	<p><b>September 10</b></p> <p><b>Domino's Pizza</b> <b>SIDES:</b> Tossed Salad/It. Drs Mixed Vegetables Chilled Pineapple Milk Choices</p>	<p><b>September 11</b></p> <p>Popcorn Chicken/Roll <b>SIDES:</b> French Fries Sweet Corn Chilled Peaches Milk Choices</p>
<p><b>September 14</b></p> <p>Chicken Nuggets/Roll <b>SIDES:</b> Baked Beans Baby Carrots Chilled Applesauce Milk Choices</p>	<p><b>September 15</b></p> <p>Pancake on a Stick <b>SIDES:</b> Baked Hash Brown Orange Sections Vanilla Pudding/ Blueberries/Top Milk Choices</p>	<p><b>September 16</b></p> <p>Rotini &amp; Meatsauce <b>SIDES:</b> Garlic Bread Stick Chilled Fruit Cocktail Fruit &amp; Nut Mix Milk/Strawberry/Cho/W</p>	<p><b>September 17</b></p> <p>Homemade Cheese Or Garlic Piz <b>SIDES:</b> Tossed Salad/It. Drs. Salt Potatoes Orange Juice Milk Choices</p>	<p><b>September 18</b></p> <p>Soft Taco <b>SIDES:</b> Corn Bread Fresh Pear Star Crunch Milk Choices</p>
<p><b>September 21</b></p> <p>Cheeseburger <b>SIDES:</b> Sweet Potato Fries/syrup Chilled Peaches Sunchips Milk Choices</p>	<p><b>September 22</b></p> <p>Eggo Waffles <b>SIDES:</b> String Cheese Chilled Fruit Mix Raisins Milk Choices</p>	<p><b>September 23</b></p> <p>Turkey/Gravy/Roll <b>SIDES:</b> Mashed Potatoes Garden Peas Pumpkin Crunch Milk Choices</p>	<p><b>September 24</b></p> <p>Homemade Cheese Or Garlic Pizza <b>SIDES:</b> Tossed Salad/It Drs Fresh Apple Orange Juice Milk Choices</p>	<p><b>September 25</b></p> <p>Chicken Patty/Bun <b>SIDES:</b> Potato Nuggets Chilled Pears Chocolate Pudding Milk/Strawberry/Cho/W</p>
<p><b>September 28</b></p> <p>Hot Dog/Bun <b>SIDES:</b> Smiley Potatoes Baked Beans Chilled Applesauce Milk Choices</p>	<p><b>September 29</b></p> <p>Pancakes <b>SIDES:</b> Cheddar Square Baked Hash Browns Fruit Cocktail Milk Choices</p>	<p><b>September 30</b></p> <p>Chicken Fajita <b>SIDES:</b> Turkey Veg Soup Oyster Crackers Fresh Pear Milk/Strawberry/Cho/W</p>	<p><b>SALAD BOXES:</b></p> <p>Mon.- Veggie Tues.- Julienne Turkey Wed.- Julienne Ham Thurs.- Turkey salad Fri.- Tuna Salad</p>	<p><b>SUB CHOICES:</b></p> <p>Mon.- Pepperoni/Chez Mealable Tues.- Turkey Wed.- Ham/Cheese Thurs.- Assorted Fri.- Tuna Salad</p>

\*\*\*WANTED IN THE NSCS D FOOD SERVICE DEPT \*\*\*

Part-time Substitute Food Service Workers. Call 218-2175.