



Breakfast

Nottingham School

Fresh Fruit and Juice Bar Served Daily!



Monday

Tuesday

Wednesday

Thursday

Friday

Menu Subject to Change



6- WG Waffle Sticks w/ Syrup
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Apple Juice, Pineapple Tidbits

7-Egg, Ham & Cheese English Muffin Sandwich
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Orange Juice, Applesauce

1-French Toast Sticks & Sausage/Syrup
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Grape Juice, Pineapple Tidbits

2- Pineapple & Vanilla Yogurt Parfait
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Orange Juice, Fresh Banana

3- No School

13- Mini Cinni Roll
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Orange Juice, Applesauce

14- Mini Blueberry Pancakes Syrup
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Grape Juice, Pineapple Tidbits

8-Ham, Egg & Cheese Quesadilla, Salsa
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Grape Juice, Mandarin Oranges

9-Cinnamon Raisin Bagel/ Reduced Fat Cream Cheese
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Orange Juice, Fresh Banana

10-Biscuits w/ Gravy
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Apple Juice, Sliced Peaches

20- Blueberry Nutrigrain Bar String Cheese
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Orange Juice, Applesauce

21- French Toast/Syrup
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Grape Juice, Pineapple Tidbits

22- Breakfast Sausage Pizza
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Orange Juice, Fresh Banana

23- Blueberry Yogurt
Honey Graham Cracker 3pk
Assorted Low Sugar Cereal
WG Toast/ Margarine/jelly
Apple Juice, Sliced Peaches

17- No School

27- Cinnamon Raisin Bagel
Reduced Fat Cream Cheese
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Orange Juice, Applesauce

28- Pancakes/Syrup
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Grape Juice, Pineapple Tidbits

29-Strawberry Banana Yogurt 3pk.
Honey Graham Cracker
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Orange Juice, Fresh Banana

30- Egg, Sausage, & Cheese Biscuit Sandwich
Assorted Low Sugar Cereal
WG Toast w/ Margarine/jelly
Sliced Peaches, Apple Juice

24- Egg & Potato Breakfast Burrito, Salsa
Assorted Low Sugar Cereal
WG Toast/ Margarine/jelly
Apple Juice, Pineapple Tidbits

SLP's Foodservice Director: Althea Albert-Santiago, 314-345-4519; Director of Dining Services: Mike Butler, 314-381-4155
SFE Associate Director of Nutrition: Megan Fraley, 314-381-4155

Secondary Lunch & Breakfast Menu Meal Prices

Second Lunch Meal \$1.35	Second Breakfast Meal \$1.35	
Staff/Adult Lunch \$2.50	Staff/Adult Breakfast \$2.25	Milk \$0.40



Milk

Reduced Fat Milk Variety Offered Daily

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October 2014



Lunch

Nottingham School

Fresh Fruit and Vegetable Bar Served Daily!



Monday

Tuesday

Wednesday

Thursday

Friday

Food Service Director: Althea Albert-Santiago: 314-345-4519
Director of Dining Services: Mike Butler, 314-381-4155
Associate Director of Nutrition: Megan Fraley: 314-381-4155
MENU SUBJECT TO CHANGE



6- Cheeseburger
 Turkey & Cheese Sub
 Chef Salad w/ Roll
 Potato Wedges
 Fresh Fruit & Vegetable Bar

7- Beef Nachos
 Ham & Cheese Sandwich
 Grilled Chicken
 Garden Salad w/ Crackers
 Broccoli w/ Cheese Sauce
 Fresh Fruit & Vegetable Bar

1- Country Fried Steak w/ Roll
 Turkey Sub
 Chef Salad w/ crackers
 Mashed Potatoes
 Fresh Fruit & Vegetable Bar

2- Spaghetti w/ Meat Sauce and Breadstick
 Turkey Sandwich
 Grilled Chicken Garden Salad w/ Crackers
 Broccoli w/ Cheese Sauce
 Fresh Fruit & Vegetable Bar

3- No School

13- Meatloaf w/ Roll & Rice
 Sun Butter Sandwich & Jelly
 Chicken Garden Salad w/ Crackers
 Steamed Broccoli
 Fresh Fruit & Vegetable Bar

14- Turkey Corn Dog
 Ham & Cheese Sub
 Chicken Caesar Salad w/ Crackers
 Seasoned Crinkle Cut Sweet Potato Fries
 Fresh Fruit & Vegetable Bar

8- Sun Butter & Jelly Sandwich
 Turkey Chili Dog
 Crispy Chicken Salad w/ Crackers
 5 Way Mixed
 Fresh Fruit & Vegetable Bar

9- Salisbury Steak w/ Roll and Rice
 Turkey & Cheese Sandwich
 Chef Salad w/ Roll
 Cooked Crinkle Cut Carrots
 Fresh Fruit & Vegetable Bar

10- Cheese or Pepperoni Pizza
 Green Beans
 Fresh Fruit & Vegetable Bar

20- Sun Butter & Jelly
 Chicken Teriyaki w/ Brown Rice
 Grilled Chicken Garden Salad w/ Crackers
 Tater Gems
 Fresh Fruit & Vegetable Bar

21- Ham Sub
 Baked Rotini w/ Vegetables & Breadstick
 Chicken Caesar Salad w/ crackers
 Green Peas
 Fresh Fruit & Vegetable Bar

15- Ham, Turkey & Cheese Sandwich
 Spaghetti w/ Meat Sauce & Breadstick
 Buffalo Chicken Salad w/ Crackers
 Green Peas
 Fresh Fruit & Vegetable Bar

16- Country Fried Steak w/ Roll
 Turkey Sandwich
 Chef Salad w/ Roll
 Corn Kernels
 Fresh Fruit & Vegetable Bar

17- No School

27- Ham, Turkey & Cheese Sandwich
 Pasta Primavera w/ Chicken & Breadstick
 Grilled Chicken Garden Salad
 Cooked Crinkle Cut Carrots
 Fresh Fruit & Vegetable Bar

28- Chicken Nuggets w/ Roll
 Sun Butter & Jelly Sandwich
 Crispy Chicken Salad w/ Crackers
 5 way Mixed
 Fresh Fruit & Vegetable Bar

22- Beef Flour Tacos
 Turkey & Cheese Sandwich
 Chef Salad w/ Roll
 Corn Kernels
 Fresh Fruit & Vegetable Bar

23- Ham, Macaroni & Cheese
 Cheese Sandwich
 Grilled Chicken Garden w/ Crackers
 Fresh Steamed Broccoli
 Fresh Fruit & Vegetable Bar

24- Chicken Nuggets w/ Roll
 Sun Butter & Jelly Sandwich
 Crispy Chicken Salad w/ Crackers
 5 Way Mixed
 Fresh Fruit & Vegetable Bar

29- Country Fried Steak w/ Roll
 Turkey Sub
 Chef Salad w/ Roll
 Mashed Potatoes
 Fresh Fruit & Vegetable Bar

30- Turkey Sandwich
 Spaghetti w/ Meat Sauce & Breadstick
 Grilled Chicken Garden Salad w/ Crackers
 Broccoli w/ Cheese Sauce
 Fresh Fruit & Vegetable Bar

31- Roasted sliced turkey & WG roll and rice
 Mashed potatoes & gravy
 Seasoned Corn
 Sweet Potato Cobbler
 Fresh Fruit & vegetable Bar

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