

SEPTEMBER 2010



TOMAHAWK EXPRESS MS & HS LUNCH & BREAKFAST MENUS

<p>Did you know that the meals served at school must meet New York State and Federal standards?</p> <hr style="border-top: 1px dashed black;"/> <div style="text-align: center;">  <p>Why does a rooster watch TV? For hentertainment!</p> </div> <p style="text-align: center;">Go to www.mypyramid.gov and track your daily food. See how you are doing. Are you getting enough of the recommended daily requirements in your diet? Find menus, games & nutrition information.</p> <div style="text-align: center;">  <p>MyPyramid.gov STEPS TO A HEALTHIER YOU</p> </div>	<p>13 Toasted Ham & Cheese Tomato Soup Fresh Broccoli with Dip Applesauce</p> <hr style="border-top: 1px dashed black;"/> <p>Cereal Choice Whole Wheat Toast & Margarine</p>	<p>14 Sloppy Joe or Fish Filet on a Bun Oven fries Orange Smiles Blueberry Crisp</p> <hr style="border-top: 1px dashed black;"/> <p>Pancakes Warm Syrup Applesauce</p>	<p>15 Lisa's Homemade Pizza Golden Corn Diced Pears</p> <hr style="border-top: 1px dashed black;"/> <p>Breakfast Burrito Fruit Choice</p>	<p>16 Turkey & Gravy on Mashed Potatoes Green Beans Dinner Roll Sliced Peaches</p> <hr style="border-top: 1px dashed black;"/> <p>Homemade Breakfast Pizza</p>	<p>17 Chicken Parm Garlic Pasta or Pierogies Mixed Vegetables Applesauce</p> <hr style="border-top: 1px dashed black;"/> <p>Combo Bar (Egg, ham & cheese bar)</p>	<p>Due to some circumstances beyond our control, the menu is subject to change without prior notice.</p> <hr style="border-top: 1px dashed black;"/> <p>Nutritional information is available on our web page.</p> <hr style="border-top: 1px dashed black;"/> <div style="text-align: center;">  <p><i>Do you have a "kid friendly" turkey recipe to share? Send it to Mrs. Snyder. If we can use it, we will put their name on the menu and award free ice cream for a week!</i></p> </div> <div style="text-align: center;">  </div>
	<p>20 Ham & Cheese Bagel Fresh Sliced Carrots Apple Blueberry Berry Jell-O</p> <hr style="border-top: 1px dashed black;"/> <p>Cereal Choice Whole Wheat Toast & Margarine</p>	<p>21 Double Dogs Roasted Potatoes Sliced Peaches</p> <p style="text-align: center;">*****</p> <p>Waffles Syrup or Applesauce</p>	<p>22 Tommy Burger Oven Fries Berries & Cream</p> <hr style="border-top: 1px dashed black;"/> <p>Egg & Cheese on a Biscuit</p>	<p>23 Turkey Tetrazzini Golden corm Applesauce Cherry Jell-O</p> <hr style="border-top: 1px dashed black;"/> <p>French Toast Sticks</p>	<p>24 <u>Dipper Day</u> Chicken Nuggets Mozzarella Sticks Breadstick Baby Carrots Orange Smiles</p> <hr style="border-top: 1px dashed black;"/> <p>All You Can Eat Cinnamon & Raisins Oatmeal</p>	
	<p>27 Bacon Turkey Wrap With Fresh NY Tomatoes Garden Salad Lunch Bunch Grapes</p> <hr style="border-top: 1px dashed black;"/> <p>Cereal Choice Whole Wheat Toast & Margarine</p>	<p>28 Taco Tuesday (Taco meat, lettuce, tomato, cheese, salsa) Marinated NY Organic Black Bean Salad Cheesy Mexican Rice Diced Pears</p> <hr style="border-top: 1px dashed black;"/> <p>Pancakes Warm Syrup</p>	<p>29 Lisa's Homemade White Broccoli or Plain Cheese Pizza Fresh Shucked Corn Fresh NY Apple</p> <hr style="border-top: 1px dashed black;"/> <p>Breakfast Burrito</p>	<p>30 General Tso's Chicken Fried Rice Fresh Green Beans Fortune Cookie NY Watermelon</p> <hr style="border-top: 1px dashed black;"/> <p>Banana Bread Low-fat Yogurt</p>	<p>September 27- October 1st Celebrate "NY Farm to Schools Week"!</p> <div style="text-align: center;">  </div>	

Visit the cafeteria web page at www.corinthcsd.com . Click on Food Services. You can view menus, download an application for free or reduced meals, and view activity on your family's meal account in School Dining. You can also go to PAYSCHOOLS to prepay for meals online. Contact Linda Snyder, manager at 654-9005 x 3114 or email Snyderl@corinthcsd.com for log in information.