


CHEYENNE WELLS SCHOOL
 SEPTEMBER 2010 BREAKFAST MENU
 (SUBJECT TO CHANGE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sausage Breakfast Burrito Toast Cereal Fruit Milk	2 Sausage Gravy over Homemade Biscuit Toast Cereal Juice Milk	3\
6 No School	7 Pancake W/ Syrup or Blueberries Cereal Toast Mil	8 Breakfast Pizza Cereal Toast Juice Milk	9 Sausage Egg Muffin Cereal Toast Juice Milk	10 French Toast W/ Peanut Butter or Syrup Fruit Cereal Toast Milk
13 Scrambled Eggs w/ Ham Fruit Cereal Toast Milk	14 Cherry Turnover Fruit Cereal Toast Milk	15 Sausage Gravy over Homemade Biscuit Cereal Toast Juice Milk	16 Cinnamon Roll Fruit Smoothie Cereal Toast Juice Milk	17 Waffle W/ Strawberries or Blueberries and Whip Cream or Syrup Cereal Toast Milk
20 Sausage Patty Hash-brown Cereal Toast Juice Milk	21 French Toast w/ Peanut Butter or Syrup Fruit Toast Milk	22 Sausage Egg Cheese Muffin Cereal Toast Juice Milk	23 Pancakes/ Blueberries or Syrup Cereal Toast Milk	24 Breakfast Pizza Cereal Toast Juice Milk
27 Waffle w/ Strawberries or Blueberries and Whip Cream Cereal Toast Milk	28 Banana or Blueberry Muffin Fruit Smoothie Cereal Toast Milk	29 Breakfast Burrito Cereal Toast Juice Milk	30 Sausage Gravy over Biscuit Fruit Cereal Toast Milk	

CHEYENNE WELLS SCHOOL
 SEPTEMBER 2010 LUNCH MENU
 (SUBJECT TO CHANGE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Join us for our outdoor BBQ	1 Pig in Blanket Baked Beans Carrots / Ranch Potato Chips Fruit Milk	2 Pork Roast Mashed Potatoes W Gravy Carrots Hot Roll Cherry Cheesecake Milk	3 Chicken Fajita Corn Spanish Rice Fruit Cinnamon Crisp Milk
6 No School	7 Frito Pie Lettuce/ Cheese Applesauce Cinnamon Bread Milk	8 Spaghetti Green Beans Lettuce Salad Garlic Bread Milk	9 Ham and Cheese on Hoagie Tri-tator Fruit Milk	10 Chicken Enchilada Corn Spanish Rice Fruit Pudding Milk
13 Matador Lettuce Salad Fruit Milk	14 Chicken Fried Steak Mashed Potatoes w/ Country Style Gravy Corn Jell-o w/ Fruit Milk	15 Outdoor BBQ Hamburger / Hot Dog or Polish Sausage Potato Salad Baked Beans Fruit Cookie Milk	16 Ham Macaroni and Cheese Lettuce Salad Peas Cherry Crisp Milk	17 Turkey Wrap Lettuce Salad Fruit Rice Krispy Bar Milk
20 Chicken and Noodles Mashed Potatoes Green Beans Apple Crisp Hot Roll Milk	21 BBQ Meatball Baked Potato Broccoli Hot Roll Dessert Milk	22 Pizza Lettuce Salad Fruit Milk	23 Smothered Burrito Lettuce/ Cheese Spanish Rice Fruit Milk	24 Pulled Pork Sandwich Baked Beans Potato Chips Fruit Milk
27 Bacon Cheeseburger French Fries Fruit Milk	28 Chili Breadsticks Carrot Sticks w/ Ranch Fruit Milk	29 Chicken Pot Pie Biscuits Lettuce Salad Pineapple Tidbits Apple or Cherry Crisp Milk	30 Lasagna Green Beans Tossed Salad Garlic Bread Milk	