

# Capt. Nathan Hale School September 2011

Student Lunch...\$2.35  
 Deluxe Pizza Lunch \$2.85  
 Milk only.....50¢  
 Student Breakfast...\$1.25  
 Adult Lunch.....\$3.50  
 Adult Breakfast.....\$2.00



All Meals include a choice of Skim or 1% White Milk or 1/2 % Chocolate Milk

**School Meals**  
*We serve education every day.*

Also available daily are snacks which meet the CT Healthy Food Guidelines  
 Bottled water is available for 85¢  
 Fresh Fruit is 50¢



Monday, August 29	Tuesday, August 30	Wednesday, August 31	Thursday, September 1	Friday, September 2
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets Macaroni &amp; Cheese</li> <li>2. Hotdog in a Roll</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Toast Sticks Sausage Links</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hot Apple Slices                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Grilled Cheese Sandwich &amp; Soft Pretzel</li> <li>2. Hotdog in a Roll</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hot Tomato Soup                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks Tomato Sauce</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Medley                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Pizza</li> <li>2. Hotdog in a Roll</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>
<p><u>No School</u>                      Labor Day</p> 	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Pattie on a Roll</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pepperoni Hot Pockets</li> <li>2. Hotdog in a Roll</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Potato Puffs                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Nacho Grande</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Pizza</li> <li>2. Hotdog in a Roll</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>
<p>Monday, September 12</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chinese Orange Chicken &amp; Rice</li> <li>2. Hotdog in a Roll</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p>Tuesday, September 13</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Philly Cheese Steak Sub Peppers &amp; Onions</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked French Fries                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p>Wednesday, September 14</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Italian Dunkers with Meat Sauce</li> <li>2. Hotdog in a Roll</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p>Thursday, September 15</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Soft Tacos Fluffy Rice</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Choice of Fresh Veggie                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p>Friday, September 16</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Pizza</li> <li>2. Hotdog in a Roll</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>



Monday, September 19	Tuesday, September 20	Wednesday, September 21	Thursday, September 22	Friday, September 23
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Tenders Buttered Noodles</li> <li>2. Hotdog in a Roll</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Mixed Vegetables Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Personal Pan Pizza</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes with Bacon</li> <li>2. Hotdog in a Roll</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Browns Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Hot Baked Potato with assorted toppings</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Broccoli &amp; Cheese Sauce Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Pizza</li> <li>2. Hotdog in a Roll</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>

Monday, September 26	Tuesday, September 27	Wednesday, September 28	Thursday, September 29	Friday, September 30
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets Macaroni &amp; Cheese</li> <li>2. Hotdog in a Roll</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Make your own Chicken Fajitas Spanish Rice</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Choice of Vegetables Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Grilled Cheese Sandwich &amp; Soft Pretzel</li> <li>2. Hotdog in a Roll</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Tomato Soup Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks Tomato Sauce</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Pizza</li> <li>2. Hotdog in a Roll</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>

# Crossword Fun!

## Across

3. A good source of potassium
4. Round, sweet, and comes in red, green or yellow!
7. Frozen, sweet, and has some of that needed calcium.
10. Green, fuzzy fruit, lots of vitamin C!
11. Why did it cross the road, anyway?
12. The "staff of life".
13. Actually a fruit, not a vegetable!

## Down

1. Find them in Hawaii, good in salads, even on pizza!
2. A sandwich from Germany
5. Crunchy or soft, a great low-fat snack!
6. A favorite food of teens!
8. Got some?
9. Fruit or veggie - a tasty drink!
11. Lots of vitamin A, rabbits like them too!

