

EPCDS Lunch Menus
September, 2008



This file contains both the Lower School and
the Upper School lunch menus.

Page 1 – Upper School

Page 2 – Lower School

September

2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 SCHOOL HOLIDAY BACK TO SCHOOL PICNIC	2 CARL'S JR. Choose 2: Famous Star Burger or Cheese-burger, Western Burger, Spicy Chicken, Fries or Onion Rings	3 TACO BELL Choose 3: Crispy or Soft Tacos, Bean Burrito, Beef or Chicken Gordita or Quesadilla or Side of Rice or Beans & Cheese	4 COMO'S Baked Rigatoni with Salad and Bread PTO MEETING @ LOWER SCHOOL 6:30 p.m.	5 CICI'S PIZZA Choose 1: Cheese, Spinach Alfredo, Ham & Pinnapple or Pepperoni	6
	7	8 JACK-IN-THE-BOX Choose 2: Jumbo Jack, Chicken Sandwich, Fries, 2 Tacos, or Side Salad	9 SAM'S CHINESE Choose 1: Kung Pao Chicken, Vegetables and Chicken, or Broccoli Beef	10 QUIZNOS SUB Choose 1: Turkey, Tuna, Ham. Roast Beef or Veggie Sub	11 WENDY'S Choose 3: Crispy Chicken Nuggets or Sandwich, Jr. Bacon Cheese- burger, Fries, Baked Potato, Chili or Salad	12 CICI'S PIZZA Choose 1: Cheese, Spinach Alfredo, Ham & Pinnapple or Pepperoni
14	15 MCDONALD'S Choose 3: Dbl. Cheese- burger, Fruit & Yogert Parfait, Side Salad, Fries, 6 pc. McNuggets	16 BIG TOWN HERO Choose 1: Turkey, Ham or Roast Beef Sub	17 CARL'S JR. Choose 2: Famous Star Burger or Cheese- burger, Western Burger, Spicy Chicken, Fries or Onion Rings	18 TACO BELL Choose 3: Crispy or Soft Tacos, Bean Burrito, Beef or Chicken Gordita or Quesadilla or Side of Rice or Beans & Cheese	19 CICI'S PIZZA Choose 1: Cheese, Spinach Alfredo, Ham & Pinnapple or Pepperoni	20
21	22 SAM'S CHINESE Choose 1: Kung Pao Chicken, Vegetables and Chicken, or Broccoli Beef	23 KFC Choose 1: 3 Pc. Strip w/bisuit, 2 Pc. Dark Chicken w/biscuit, Breast w/mashed potatos & biscuit, or BBQ Sand. Wedges	24 TACO BELL Choose 3: Crispy or Soft Tacos, Bean Burrito, Beef or Chicken Gordita or Quesadilla or Side of Rice or Beans & Cheese	25 MCDONALD'S Choose 3: Dbl. Cheese- burger, Fruit & Yogert Parfait, Side Salad, Fries, 6 pc. McNuggets	26 CICI'S PIZZA Choose 1: Cheese, Spinach Alfredo, Ham & Pinnapple or Pepperoni	27
28	29 QUIZNOS SUB Choose 1: Turkey, Tuna, Ham. Roast Beef or Veggie Sub	30 SAM'S CHINESE Choose 1: Kung Pao Chicken, Vegetables and Chicken, or Broccoli Beef				

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 SCHOOL HOLIDAY	2 BBQ Chicken Whipped Potatoes Steamed Vegetables Wheat Bread Oranges Milk	3 Cheeseburger Lettuce and Tomato Crinkle Cut Fries Catsup/Mustard Fruit Cocktail Milk	4 Crunchy Beef Tacos Salsa Spanish Rice Garden Salad Canalope Graham Crackers Milk	5 Pizza Salad Lemonade Can Day	6
7	8 Nachos Supreme w/ground beef Pinto Beans Dressing Jello w/Fruit Milk	9 Chicken Wings Potatoes w/pepper Garlic Bread Steamed Carrots Fruit Milk	10 Soft Beef Tacos Lettuce and Tomato Fideo Soup Salsa Peaches (canned) Milk	11 Beef Flautas Mexican Rice Beans Guacamole Fresh Fruit Milk	12 Pizza Salad Lemonade	13
14	15 Spaghetti w/meat sauce Garden Salad Dressing Wheat Bread Fruit Milk	16 Corn Dog w/mustard Seasoned Corn Pasta Salad Fruit Milk	17 Chicken Strips Mac & Cheese French Fries Fruit Milk	18 Beef Burrito Spanish rice Salsa Carrot Sticks Dressing Fruit Milk	19 Pizza Salad Lemonade	20
21	22 Hot Dog ketchup, mayo & mustard Potato Salad Baked Beans Fruit Milk	23 Meat Lasagna Steamed Corn Garden Salad Dressing Wheat Bread Fruit Milk	24 Chicken Nuggets French Fries Mac & Cheese Fruit Milk	25 Red Chili w/Beef Spanish Rice Refried Beans Corn Tortilla Fruit Milk	26 Pizza Salad Lemonade	27
28	29 Corn Dog w/mustard Seasoned corn Pasta Salad Fruit Milk	30 Chicken Primavera White Rice Garden Salad Dressing Wheat Bread Fruit Milk				