






CLAYTON A. BOUTON HIGH SCHOOL  
VOORHEESVILLE MIDDLE SCHOOL

**NOVEMBER 2009  
LUNCH MENU**

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<b>2</b> Chicken Fajita, Mexican Fiesta Rice, Fresh Fruit Choice of Milk  C=1000 F=21.55  Day B	<b>3</b> Meatball Sub Sandwich, Pasta Salad, Broccoli Fresh Fruit Choice of Milk  C=746 F=22.45  Day A	<b>4</b> Ravioli, Tossed Salad, Wheat Roll, Fresh Fruit Choice of Milk  C=707 F=22.79  Day B	<b>5</b> Chicken Nuggets, Mashed Potatoes, Corn, Fresh Fruit Choice of Milk  C=822 F=33.77  Day A	<b>6</b> Cheese or Pepperoni Pizza, Celery Sticks, Fresh Fruit Choice of Milk  C=846 F=26.76  Day B	<b>7</b> <b>DAILY BREAKFAST ITEMS</b> Bagel & Cream Cheese Muffin, Cereal English Muffin Breakfast Pizza
<b>8</b> <b>For information on your student's lunch account visit our website at <a href="http://www.vcsdk12.org">www.vcsdk12.org</a> or MyNutriKids.com</b>	<b>9</b> French Toast Sticks, Sausage Patty, Hash Brown Potatoes, Fresh Fruit Choice of Milk  C=691 F=27.92  Day A	<b>10</b> Spaghetti w/ Meat Sauce Green Beans, Wheat Roll, Fresh Fruit Choice of Milk  C=701 F=16.70  Day B	<b>11</b> <b>NO LUNCH</b>  <b>SCHOOL NOT IN SESSION</b>	<b>12</b> Grilled Cheese Sandwich, Chicken Noodle or Tomato Soup, Fresh Fruit Choice of Milk  C=640 F=27.28  Day A	<b>13</b> Cheese or Pepperoni Pizza, Carrot Sticks, Fresh Fruit Choice of Milk  C=897 F=26.93  Day B	<b>14</b> <b>AVAILABLE EVERY DAY</b> Fresh Fruit Cup Tossed Salad Chef Salad Caesar Salad Deli Sandwiches  <b>AVAILABLE MONDAYS</b> Mozzarella Sticks  <b>AVAILABLE TUESDAYS &amp; THURSDAYS</b> Breadsticks with Marinara	
<b>15</b> <b>Student Breakfast \$1.50</b> <b>Student Lunch \$2.50</b>	<b>16</b> Hamburger, Cheeseburger, Or Veggie Burger Potato Puffs, Fresh Fruit Choice of Milk  C=896 F=39.39  Day A	<b>17</b> Chicken on a bun, Cheese & Rice Casserole Broccoli, Fresh Fruit Choice of Milk  C=682 F=27.47  Day B	<b>18</b> Beef Taco, Lettuce and Tomato, Refried Beans Fresh Fruit Choice of Milk  C=879 F=25.03  Day A	<b>19</b> Chicken Nuggets, Mashed Potatoes, Corn, Fresh Fruit Choice of Milk  C=818 F=32.22  Day B	<b>20</b> Cheese or Pepperoni Pizza, Green Beans, Fresh Fruit Choice of Milk  C=869 F=26.86  Day A	<b>21</b> <b>AVAILABLE WEDNESDAYS</b> Popcorn Chicken  <b>AVAILABLE FRIDAYS</b> Spinach & Artichoke Dip with Tortilla Chips	
<b>22</b> <b>Student Breakfast \$1.50</b> <b>Student Lunch \$2.50</b>	<b>23</b> Sloppy Joe on a Bun, Potato Puffs, Peas Fresh Fruit Choice of Milk  C=911 F=27.47  Day B	<b>24</b> Chicken Nuggets, Mashed Potatoes, Corn, Fresh Fruit Choice of Milk  C=784 F=31.94  Day A	<b>25</b> <b>NO LUNCH</b>  <b>SCHOOL NOT IN SESSION</b>	<b>26</b> <b>NO LUNCH</b>  <b>SCHOOL NOT IN SESSION</b>	<b>27</b> <b>NO LUNCH</b>  <b>SCHOOL NOT IN SESSION</b>	<b>28</b> <b>AVAILABLE WEDNESDAYS</b> Popcorn Chicken  <b>AVAILABLE FRIDAYS</b> Spinach & Artichoke Dip with Tortilla Chips	
<b>29</b> 	<b>30</b> Chicken Fajita, Mexican Fiesta Rice, Fresh Fruit Choice of Milk  C=1000 F=21.55  Day B	Sign-up for the district's e-mail alert system, School News Notifier, to receive school and district news, including emergency school closings and delays right in your inbox. Visit <a href="http://www.vcsdk12.org">www.vcsdk12.org</a> to sign-up today.				C=Calories F=Fat Content	