

South Sanpete School District
007 - GUNNISON MIDDLE SCHOOL
October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
				2 UEA
5 Individual salad tuna salad sandwich Turkey Pita French Fries Veggies & Dip Peaches Yogurt N.Y.M. Cookies Milk Condiments	6 Turkey Sandwich Spaghetti French Bread Green Beans Fruit Cocktail Farmer Brownie Orange Slices Milk Condiments	7 Individual salad Chicken Salad Sandwich Roll Pork Friccassee Mashed Potatoes Rolls Calif Blend Veggies Pears Peanutbutter Spread Milk Condiments	8 Individual salad Ham Sandwich Pork Rib Patty Sandwich Roll French Fries Rosey Applesauce Milk	9 Tuna Sandwich Orange Chicken w/Rice Rice Broccoli Pears & Pineapple Rolls Farmer Brownie Finger Jell-O Milk
12 Ham Sandwich Pizza Carrot Stix Mandarin Oranges Spice Bar Milk Condiments	13 Ham & Cheese Sandwich Chicken Enchiladas Wheat Roll Green Beans Peaches Milk Condiments Peanutbutter Spread	14 Turkey Sandwich Individual salad Tear Bread Watermelon Chunks Peanutbutter Bar Milk Condiments	15 Peanutbutter Sandwich Chicken Parmesan Seasoned Noodles Hard Rolls Pears Light Fudge Cake Milk	16 Tuna Sandwich Teriyaki Rice Bowl Rolls Mandarin Oranges Fruit Snacks Milk Condiments
19 Tuna Sandwich Chicken Nuggets Rolls Steam Fries Rosey Applesauce Fruit Snacks Milk Condiments	20 Individual salad Peanutbutter Sandwich Taco Salad Salsa Frosted Cinnamon Roll Carrot Stix Tropical Fruit Milk	21 Club Sandwich Beefy Macaroni Hard Rolls Salad Mix Peaches Choc Pudding Milk	22 Turkey Sandwich Turkey Friccassee Mashed Potatoes Rolls Peanutbutter Spread Calif Blend Veggies Pears Milk	23 Individual salad Ham Sandwich Pork Rib Patty Sandwich Roll French Fries Mandarin Oranges Milk
26 Individual salad Tuna Sandwich Hot Ham & Cheese Chicken Noodle Soup CARROTS Pears Lemon Cookie Fruit Snacks Milk Condiments	27 Ham Sandwich Chicken Strip Salad Mix Rolls Orange Slices Berry Blue Jello Milk Condiments Condiments	28 Individual salad Club Sandwich Pork Friccassee Mashed Potatoes Rolls Calif Blend Veggies Mandarin Oranges Applesauce Cake Peanutbutter Honey Milk Condiments	29 Individual salad Chicken Salad Sandwich Roll Beef Chimichangas Tear Bread Rice Pilaf Green Beans Peaches Strawberry Shortcake Milk	30 Individual salad Turkey Sandwich Navajo Taco Navajo taco condiments Green Beans Rosey Applesauce Sugar Cookie Milk Salsa

Utah State Office of Education Child Nutrition Program
This Institution is an equal opportunity provider and employer
Menus subject to change without notification

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.