

BROKEN ARROW INTERMEDIATE SCHOOLS – NOVEMBER 2-6, 2009

WEEK #5	MONDAY NOV 2	TUESDAY NOV 3	WEDNESDAY NOV 4	THURSDAY NOV 5	FRIDAY NOV 6
MAIN LINE \$2.10-2.60/S \$2.65-3.15/A	Meatball Calzone Tater Tots Raw Veggies w/Dip Mixed Berries	Macaroni & Cheese Green Beans Grapes Cowboy Bread	Chicken Strips Mashed Potatoes w/Gravy Green Salad Strawberries Whole Wheat Rolls	Mostaccioli Steamed Broccoli Pineapple Garlic Toast	Chicken Fried Steak Mashed Potatoes w/Gravy Corn on the Cob Pears Whole Wheat Roll
BASKET MEAL \$2.10-2.60S \$2.65-3.15/A	Chicken Nuggets Waffle Fries Raw Veggies w/Dip Mixed Berries Whole Wheat Rolls	Corn Dog Nuggets French Fries Green Salad Grapes Cowboy Bread	Chicken Strips French Fries Green Salad Strawberries Whole Wheat Rolls	Chicken Nuggets French Fries Green Salad Pineapple Whole Wheat Rolls	Popcorn Chicken French Fries Green Salad Pears Whole Wheat Rolls
HOT SANDWICH MEAL \$2.10-2.60/S \$2.65-3.15/A	NIHS-CHICK FIL-A SIHS – BBQ Sandwich Waffle Fries Raw Veggies w/Dip Mixed Berries	SIHS – CHICK-FIL-A NIHS – BBQ Sandwich French Fries Raw Veggies w/Dip Grapes	Hamburger/Cheeseburger French Fries Green Salad Strawberries	Chicken Filet Sandwich French Fries Green Salad Pineapple	Hamburger/Cheeseburger French Fries Green Salad Pears
CHEF's SALAD BAR \$2.10-2.35/S \$2.65-2.90A	Lettuce Bowl w/Variety of Fruits & Vegetables Diced Eggs, Shredded Cheese, Chicken Tortilla Soup, Whole Wheat Roll, Crackers	Potato Bar w/Chili Variety of Toppings Grapes Whole Wheat Roll	Lettuce Bowl w/Variety of Fruits & Vegetables Diced Ham, Cottage Cheese, Chicken Dumpling Soup, Whole Wheat Roll Crackers	Taco Salad Bar Pineapple Whole Wheat Roll	Lettuce Bowl w/Variety of Fruits & Vegetables Tuna Salad Beef & Mushroom Soup Whole Wheat Roll Crackers
PIZZA LINE \$2.25/S \$2.65A	Pizza Raw Veggies w/Dip Mixed Berries	Pizza Green Salad Grapes	Pizza Green Salad Strawberries	Pizza Green Salad Pineapple	Pizza Green Salad Pears
MEXICAN LINE	Super Nachos Mexican Rice Green Salad Mixed Berries	Build Your Own Burrito Green Salad Grapes			