

Cafe Menu - August 23 - September 10, 2010 *all menus are subject to change*

Food Notes:
 Our beans are made with garlic and onion only; no fat!
 Our hamburger patties are 100% ground beef made with 90% lean freshly ground beef.
 We use all monounsaturated fats with the exception of a little real butter now and then.
 Any questions? E-mail Rick Pozos, Director of Food Services at rpozos@sa-academy.org

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------|--|---------------------------------------|---|---|
| August 23 | August 24 | August 25 | August 26 | August 27 |
| Spaghetti w/meat sauce | Seasoned Baked Chicken | Cheese enchiladas w/chili sauce | Baked ham Buttered whole kernel corn | Pepperoni/cheese pizza |
| Green beans | Fresh buttered mashed potatoes | Spanish rice | Seasoned green beans | Red grapes |
| Buttered bread sticks | Mixed vegetables | Pinto beans | Fresh whole wheat roles | Garden salad 2% white/1% choc milk |
| Garden salad 2% white/1% choc milk | Garden salad 2% white/1% choc milk lk | Garden salad 2% white/1% choc milk | Garden salad 2% white/1% choc milk | |
| Oranges | Watermelon | Apples | Bananas | <i>Fudge Brownies</i> |
| August 30 | August 31 | September 1 | September 2 | September 3 |
| Hamburger w/cheese/lettuce/tomato | Baked mrntd chkn breast | Chalupas w/refried beans | Chicken tenders | Grilled Cheese sandwiches or peanut butter & jelly |
| Baked French fries | Buttered rice | Ground beef | Fresh macaroni w/cheese | Fresh popped popcorn |
| Garden salad 2% white/1% choc milk | Fresh carrots w/ranch | Spanish rice | Corn on the cob | Garden salad 2% white/1% choc milk |
| | Garden salad 2% white/1% choc milk | Lettuce/tomatoes | Garden salad 2% white/1% choc milk | Watermelon |
| Applesauce | Bananas | Garden salad 2% white/1% choc milk | Apples | <i>Homemade cinnamon rolls</i> |
| September 6 | September 7 | September 8 | September 9 | September 10 |
| Labor Day | Baked Ziti w/meat sauce | Chicken fajitas w/flour tortillas | Chicken burger | Turkey sandwiches or peanut butter & jelly |
| | Garlic bread | Spanish rice | Baked French fries | Lettuce/tomato/cheese |
| School Holiday | California veggies | Fresh pinto beans | Garden salad 2% white/1% choc milk | Garden salad 2% white/1% choc milk |
| | Garden salad 2% white/1% choc milk | Garden salad 2% white/1% choc milk | | Applesauce |
| | Oranges | Watermelon | Cantaloupe | Whl wht chocolate chip cookies |