

September 2017

SPENCER VAN-ETTEN CENTRAL SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know...

The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar.

Summer
Recess

1

Labor Day
Always the First
Monday in
September

4

NO SCHOOL
TEACHERS
CONFERENCE
DAY

5

Only 9th Grade
Reports to High School
Parents are Invited to
Purchase Lunch
Full Day Elementary and
Middle School
Chicken Patty on Wheat
Roll, Tater Tots, Green
Peas

6

Cheese Pizza
Made on
Fresh Dough
French Fries
Steamed Broccoli
Wedge of Watermelon

7

Homemade
Macaroni and Cheese
Seasoned Steamed Green
Beans
Fresh Fruit Cups
Whole Wheat Dinner Roll
Margarine Pat

8

Hamburgers
Served on a
Whole Wheat Roll
Lettuce, Tomatoes,
Dill Pickle Slices
Oven Brownd Potatoes
Steamed Corn

11

Taco Tuesday!
Seasoned Ground Beef
Served on a Crispy Corn
Shell with Shredded
Lettuce, Diced Tomatoes,
Shredded Cheese, Salsa,
Sour Cream and
Mexican Beans

12

Turkey Subs
Sliced Turkey Breast
Served on a Whole Wheat
Roll, Leaf Lettuce, Sliced
Tomatoes
Dill Pickle Chips
Bag of Pretzels
Fresh Fruit Selections

13

Shepherd's Pie
Seasoned Ground Beef
Layered with Corn and
Topped with Mashed
Potatoes
Buttered Fresh Steamed
Carrots
Whole Wheat Dinner Roll
Diced Pears

14

Pizza Dunkers
Marinara Sauce for
Dipping
Fresh Zucchini Sautéed
with Fresh Garlic and
Olive Oil
Apple Sauce

15

Chicken Burrito
Seasoned Chicken Meat
Rolled up in a
Flour Tortilla
Mexican Beans
Field Greens Served with
Ranch Dressing

18

Chicken Noodle
Casserole
Diced White Meat
Chicken in a Creamy
White Sauce with Egg
Noodles and Broccoli

19

Chili Dogs
Hot Dogs Served
With Chili to top
Diced Onions at High
School Only
Tater Tots
Fruited Jell-O

20

Brunch Lunch
Scrambled Eggs
French Toast Sticks
Home Fries
Baked Apple with Brown
Sugar and Raisins

21

Grilled Cheese Sandwich
American Cheese
Sandwiched Between
Grilled Whole Wheat
Bread
Sweet Potato Fries
Fresh Fruit Selections

22

In Our
Oriental Wok
Stir Fried Chicken
With
Broccoli
Steamed Rice
Egg Drop Soup

25

Taco Tuesday!
Seasoned Ground Beef
Served on a Crispy Corn
Shell with Shredded
Lettuce, Diced Tomatoes,
Shredded Cheese, Salsa,
Sour Cream and
Mexican Beans

26

Mom's Meatloaf
Seasoned Ground Beef,
Bread Crumbs, Fresh
Eggs, Ketchup and
Seasonings
Mashed Potatoes
Brown Gravy
Roasted Fresh Carrots
Homemade Fruit Cobbler

27

Cheese Pizza
Made On
Fresh Dough
Seasoned French
Fries
Steamed Spinach
Fresh Veggie Plates
With Cukes, Carrots and
Celery Stcks, Ranch Cups

28

Pasta and
Marinara Sauce
Garlic Toast
Seasoned Chick Peas
with Olive Oil, Garlic and
Oregano, Served Cold
Diced Peaches

29

A La Carte

P&B Jelly Sandwich
Fresh Field Green Salads
Fresh Cut Fruit Cups
Fresh Whole Fruit
Selections
WW Bread & Rolls 51%
Whole Grain Enriched
100% Fruit Juice Tue/Thur
@Elem & Middle Schools
High School Juice Everyday
Skim and Fat Free Milk Only
Served
Salad Bar Every Day @ High
School
Assorted Cold Cereals
Granola Bars and Graham
Crackers

REVERSE SIDE HAS
DISTRICT CALENDAR

School News

Breakfast Menu:
Mon: Cold Cereals
Tues: Pancake On a Stick
Wed: Breakfast Sandwich
Thur: French Toast and
Sausage
Fri: Scrambled Eggs and
Homefries
PRICING:
Breakfast all Schools \$1.25
Lunch Elementary \$2.30
High School & Middle \$2.55
Reduced \$.25 Cents
Adults: \$4.25