

# LUNCH

STM Aug. 2011

Register and place order at [www.orderlunches.com](http://www.orderlunches.com)

STM password: stripes24

Deadline for Aug. and Sept. orders is Aug. 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For questions concerning your order please email <a href="mailto:backtothegarden@stmga.org">backtothegarden@stmga.org</a>		Spaghetti w/ Meat Sauce, Tossed Salad, Garlic Bread & Fruit <sup>10</sup>	White Meat Chicken Nuggets, Oven Baked Idaho or Sweet Potato Fries, Corn, Fruit <sup>11</sup>	Subway Day Turkey, Ham, Salami, Bologna, Tuna with Fixins, Chips, Fruit <sup>12</sup>
Sloppy Joes, Chips, Veggies & Fruit <sup>15</sup>	STM Homestyle French Toast with topping, Turkey Bacon, Sausage & Fresh Fruit <sup>16</sup>	Beef or Veggie Lasagna, Garlic Bread, Tossed Salad, Fruit <sup>17</sup>	Baked Potato Bar, Steamed Broccoli & Fruit <sup>18</sup>	Beef or Lean Turkey Burger, Lettuce, Tomato, and Fixins, Baked Idaho or Sweet Potato Fries & Fresh Fruit <sup>19</sup>
Baked Chicken, Mashed Potatoes w/Gravy, Steamed Carrots & Fruit <sup>22</sup>	White Meat Chicken Biscuit, Tater Tots & Fruit Salad <sup>23</sup>	Cheese or Beef Ravioli, Garlic Bread, Green Beans & Fruit <sup>24</sup>	Cheese or Chicken Quesadilla, Tortilla Chips, Salsa, Lettuce, Tomatoes & Fruit <sup>25</sup>	White Meat Chicken Nuggets w/ Honey Mustard Sauce, Mac & Cheese, Green Beans & Fruit <sup>26</sup>
BBQ Chicken Sandwich, Chips, Cole Slaw & Fruit <sup>29</sup>	Pancakes on a Stick (2), Hash Browns & Fruit Salad <sup>30</sup>	Meatball Sub, Chips, Mixed Veggies & Fruit <sup>31</sup>		

**Daily Entrée Choices Available for \$ .75 each- Salad Bar, Cheese Pizza, Veggie Pizza, Soup of the Day: \$.75 Mon.-Chicken Noodle, Tues.- Vegetable Wed.-Broccoli Cheese Thurs.-Tomato, Fri.-No Soup Daily Deli Combos Available for \$3.80 each-Cheese Sub, Ham Sub, Turkey Sub , w/Chips, Veggies, Fruit Daily Hot Combos for \$3.80 are listed on each calendar day.**



**Make half your plate fruits and vegetables.** Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes. Eat fruit, vegetables, or unsalted nuts as snacks—they are nature's original fast foods.



**Stripe's Daily Healthy Choices available for \$.75:**  
**Baked Chips, Fresh Fruit, Veggie Sticks and Low Fat Dip, Yogurt Parfait.**

# LUNCH

STM SEPT. 2011

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Daily Entrée Choices Available for \$ .75 each- Salad Bar, Cheese Pizza, Veggie Pizza, Soup of the Day: \$.75 Mon.-Chicken Noodle, Tues.- Vegetable Wed.-Broccoli Cheese Thurs.-Tomato, Fri.-No Soup</b></p> <p><b>Daily Deli Combos Available for \$3.80 each-Cheese Sub, Ham Sub, Turkey Sub , w/Chips, Veggies, Fruit</b></p> <p><b>Additional Daily Hot Combos for \$3.80 are listed on each calendar day.</b></p>				
<p>5</p> <p>No School Labor Day Holiday</p>	<p>6</p> <p>Sausage Biscuit, Eggs, Hash Browns &amp; Fruit</p>	<p>7</p> <p>Spaghetti w/Marinara Sauce, Tossed Salad, Garlic Bread &amp; Fruit</p>	<p>1</p> <p>Taco Bar w/ Fixins, Black Bean Corn Salad, Fruit</p>	<p>2</p> <p>Big Beef or Chicken Hot Dog with Fixins, Oven Baked Idaho or Sweet Potato Fries, Steamed Corn, Fruit</p>
<p>12</p> <p>Fried Chicken, Mashed Potatoes w/ Gravy, Steamed Veggies &amp; Fruit</p>	<p>13</p> <p>Pancakes on a Stick (2), Hash Browns &amp; Fruit Salad</p>	<p>14</p> <p>Spaghetti w/ Meatballs, Green Beans, Garlic Bread, Fruit</p>	<p>8</p> <p>White Meat Chicken Nuggets, Oven Baked Idaho or Sweet Potato Fries, Corn, Fruit</p>	<p>9</p> <p>Cheese, Pepperoni or Veggie Pizza, Pasta Salad &amp; Fruit</p>
<p>19</p> <p>BBQ Chicken Sandwich, Chips, Cole Slaw &amp; Fruit</p>	<p>20</p> <p>Sausage Egg &amp; Cheese Biscuit, Hash Browns &amp; Fresh Fruit</p>	<p>21</p> <p>Ravioli (Beef or cheese) w/Garlic Bread, Mixed Veggies &amp; Fruit</p>	<p>15</p> <p>Tacos, Spanish Rice, Corn Salad &amp; Fruit</p>	<p>16</p> <p>Grilled Cheese Sandwich, Fries, Mixed Veggies &amp; Fruit</p>
<p>26</p> <p>White Meat Chicken Sandwich with Fixins, Oven Baked Idaho or Sweet Potato Fries, Steamed Broccoli, Fruit</p>	<p>27</p> <p>Waffles, Turkey Bacon, Home Fries &amp; Fruit</p>	<p>28</p> <p>Spaghetti w/ Meat Sauce, Tossed Salad, Garlic Bread &amp; Fruit</p>	<p>22</p> <p>Fish Sticks, Mac &amp; Cheese, Green Beans, &amp; Fruit</p>	<p>23</p> <p>Subway Day Turkey, Ham, Salami, Bologna, Tuna with Fixins, Chips, Fruit</p>
			<p>29</p> <p>State Fair Style Corn Dogs, Oven Baked Idaho or Sweet Potato Fries, Mixed Veggies, Fruit</p>	<p>30</p> <p>No School Teacher Workday</p>



Over the course of the week Back to the Garden meets federal nutrition guidelines, including 30% calories from fat, 10% calories from saturated fat, Vitamin A, Vitamin C, Iron, protein and Calcium. Email [backtothegarden@stmga.org](mailto:backtothegarden@stmga.org) with any questions about orders.



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**Baked Chips, Fresh Fruit, Veggie Sticks and Low Fat Dip, Yogurt Parfait.**