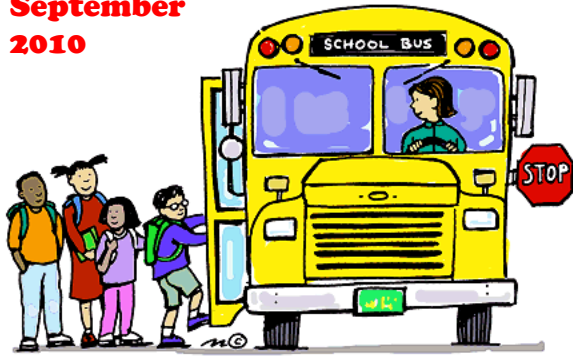


**Menus for  
August &  
September  
2010**



**Southern Tioga School District**  
*This institution is an equal opportunity provider and employer.*

**Monday, August 23**  
Chicken Tenders  
Fresh Vegetables  
W/Dip  
OR  
Chef Salad Platter  
Garlic Breadstick  
  
Chilled Pears or  
Watermelon Wedge  
Milk  
  
**BREAKFAST**  
Cereal Bar  
Yogurt  
Fresh Fruit or  
Chilled Juice, Milk  
**BREAKFAST BAR @ HS**

**Tuesday, August 24**  
Cheese Steak on Roll  
Tossed Salad  
Cantaloupe or Peaches  
OR  
Fresh Fruit Salad  
Platter W/Blueberry  
Muffin  
  
Jello Gems, Milk  
  
**BREAKFAST**  
Bagel W/Cream  
Cheese or Jelly  
Sunflower Seeds  
Fresh Fruit or  
Chilled Juice, Milk  
**BREAKFAST BAR @ HS**

**Wednesday, August 25**  
Cheese, Pepperoni or  
BBQ Chicken Pizza  
Steamed Green Beans  
OR  
Chef Salad Platter  
W/Wheat Roll  
  
Chilled Pineapple or  
Fresh Fruit  
Pudding, Milk  
  
**BREAKFAST**  
Fruit Filled Frudel  
String Cheese  
Fresh Fruit or  
Chilled Juice, Milk  
**BREAKFAST BAR @ HS**

**Thursday, August 26**  
Hot Dog W/Roll @ES or  
Texas Hot W/Roll @HS  
French Fries  
OR  
Chicken Caesar Salad  
Platter W/Wheat Roll  
  
Chilled Applesauce or  
Chilled Juice  
Strawberry Shortcake  
Milk  
  
**BREAKFAST**  
Egg, Cheese and  
Sausage Pocket  
Fresh Fruit or  
Chilled Juice, Milk  
**BREAKFAST BAR @ HS**

**Friday, August 27**  
Turkey Deli Sandwich  
W/Roll  
Nacho Chips W/Salsa  
Cucumber Slices  
OR  
Chef Salad Platter  
W/Wheat Roll  
  
Fruit Cocktail or  
Fresh Fruit, Milk  
  
**BREAKFAST**  
Hot or Cold Cereal  
Cinnamon Pretzel Stick  
Fresh Fruit or  
Chilled Juice, Milk  
**BREAKFAST BAR @ HS**

**Available Daily**

**YOUR CHOICE OF:**

**Elementary Schools:**  
Regular Menu, Salad Platter OR  
Uncrustable Sandwich Platter:  
Peanut Butter & Jelly Uncrustable Sandwich  
on Wheat Bread

**High Schools:**  
Regular Menu Entrée, Salad Platter,  
Uncrustable Peanut Butter & Jelly Sandwich  
Platter on Wheat Bread, Hot Sandwich Platter  
Daily Choice of: 3 Fruit & 3 Vegetables

**At All Buildings:**  
**Daily Milk Choices:** White 2%, 1%, Skim, Lactaid, 1% Chocolate,  
or 1% Strawberry Milk

**Monday, August 30**  
**Brunch**  
French Toast Sticks  
W/Syrup  
Hash Brown  
Sausage Links  
Chilled Juice or  
Fresh Fruit  
OR  
Fruit Salad Platter  
W/Wheat Roll  
Peach Crisp, Milk  
  
**BREAKFAST**  
Muffin  
String Cheese  
Fresh Fruit or  
Chilled Juice  
**BREAKFAST BAR @ HS**

**Tuesday, August 31**  
Chicken Parmesan  
Spaghetti  
Steamed Italian  
Vegetables  
Italian Bread  
OR  
Taco Salad Platter  
W/Tortilla Chips  
  
Chilled Juice or  
Chilled Pineapple, Milk  
  
**BREAKFAST**  
Pizza  
Fresh Fruit or  
Chilled Juice, Milk  
**BREAKFAST BAR @ HS**

**Wednesday, Sept. 1**  
BBQ Pork Riblet  
W/Roll  
Sweet Potato Fries  
OR  
Chef Salad Platter  
W/Wheat Roll  
  
Fresh Fruit  
  
**BREAKFAST**  
Hot or Cold Cereal  
Fruit Bar  
Fresh Fruit or  
Chilled Juice, Milk  
**BREAKFAST BAR @ HS**

**Thursday, Sept. 2**  
Shrimp Poppers  
Pierogies  
Tossed Salad  
OR  
Chicken Caesar Salad  
Platter  
W/Wheat Roll  
  
Watermelon Wedge  
Or Chilled Juice, Milk  
  
**BREAKFAST**  
Flapsticks W/Syrup  
Sunflower Seeds  
Fresh Fruit or  
Chilled Juice, Milk  
**BREAKFAST BAR @ HS**

**Friday, Sept. 3**  
Tomato Soup  
Crackers  
Toasted Cheese  
Sandwich  
Baby Carrots W/Dip  
OR  
Chef Salad Platter  
W/Wheat Roll  
  
Fresh Fruit or  
Chilled Pears  
Ice Cream, Milk  
  
**BREAKFAST**  
Raspberry Churro  
Yogurt  
Fresh Fruit or  
Chilled Juice, Milk  
**BREAKFAST BAR @ HS**

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your family  
needs you  
there?**

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join  
our  
team!**

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for more  
Information  
638-2183,  
Ext. 306**

**Monday, Sept. 6**

**LABOR DAY**

**No School**

**Tuesday, Sept. 7**  
Crispy Chicken  
Scalloped Potatoes  
Blueberry Muffin  
OR  
Taco Salad Platter  
W/Tortilla Chips  
  
Fresh Fruit or  
Chilled Fruit Cocktail  
Milk  
  
**BREAKFAST**  
Cereal Bar  
Yogurt  
Fresh Fruit or  
Chilled Juice  
**BREAKFAST BAR @ HS**

**Wednesday, Sept. 8**  
Pizza Bread  
Steamed Corn  
OR  
Chef Salad Platter  
W/Wheat Roll  
  
Chilled Peaches or  
Fresh Fruit  
Chilled Pudding,  
Milk  
  
**BREAKFAST**  
Maple Pancakes  
Fresh Fruit or  
Chilled Juice, Milk  
**BREAKFAST BAR @ HS**

**Thursday, Sept. 9**  
**Act 80 Day**  
**1:00 pm Student Dismissal**  
Deluxe Hamburger  
W/Roll  
Crispy Pickles  
Steamed Broccoli  
Fresh Fruit or  
Mandarin Oranges  
OR  
Fruit Salad Platter  
W/Wheat Roll  
Oatmeal Cookie, Milk  
  
**BREAKFAST**  
Bagel W Cream  
Cheese or Jelly  
Sunflower Seeds  
Fresh Fruit or  
Chilled Juice, Milk  
**BREAKFAST BAR @ HS**

**Friday, Sept. 10**  
Cheese Ravioli  
Tossed Salad or  
Chef Salad Platter  
  
Garlic Bread Sticks  
Chilled Pears or  
Fresh Fruit  
Milk  
  
**BREAKFAST**  
Hot or Cold Cereal  
English Muffin  
Fresh Fruit or  
Chilled Juice, Milk  
**BREAKFAST BAR @ HS**