



# LUNCH - SEPTEMBER 2014

The Summit Preparatory School



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22 Cheeseburger # ~ Sweet Potato Fries Mandarin Oranges	23 Chicken Strips # ~ Fresh Garden Salad Applesauce	24 Chicken Patty # ~ Mashed Potatoes w/ Gravy Opaa! Hot Roll	25 Spaghetti & Meatballs w/ Italian Bread ~ # • + Glazed Carrots Fresh Banana	26 <b>NO SCHOOL</b>
29 Chicken & Waffles ~ Cherry Tomatoes Fresh Melon	30 Super Nachos ~ • Chopped Garden Salad Pineapple			

**KEY:**

- # = 16 grams of fat or less
- = Homemade fresh in the Opaa! kitchen
- ~ = Whole Grain-Rich
- { = Farm Fresh Product
- ^ = Made with peanuts
- + = Pork

Lunch is \$5 per day. Lunch orders are taken daily with attendance. Any child at school who does not arrive with a packed lunch will be ordered a lunch. Any child arriving late will not be ordered a lunch unless the office is notified by 9:00am. Please call the Summit office with any questions (417.869.8077).