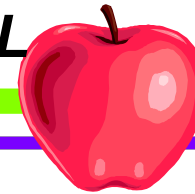




# September 2009



## WAYNESVILLE HIGH SCHOOL & MIDDLE SCHOOL



Monday	Tuesday	Wednesday	Thursday	Friday
	Turkey Wrap w/Cheese <b>1</b> Lettuce & Tomato Carrots & Celery Stix Fruit Milk	Bentino' Pizza <b>2</b> OR Popcorn Chicken w/ Zesty Orange Sauce Rice Mixed Veggies Fruit Milk	Soft Tacos w/Taco Meat <b>3</b> Tomatoes, Lettuce, Shredded Cheese & Sour Cream Salsa Fruit Milk	Spicy Chicken Strips <b>4</b> Potato Wedges Green Beans Roll Fruit Milk
<b>NO SCHOOL 7</b>  <b>LABOR DAY</b>	Nachos Supreme w/ <b>8</b> Nacho Chips Taco Meat & Refried Beans Shredded Cheese, Sour Cream, Lettuce, Tomato & Salsa Fruit & Milk	Meatball Subs <b>9</b> Mozzarella Cheese Steamed Carrots Fruit Milk	Hot Roast Beef & <b>10</b> Cheddar on a Bun Mixed Veggies Tater Tots Fruit Milk	Spartan Deluxe <b>11</b> Nuggets Mashed Potatoes w/Gravy Roll Corn Fruit Milk
Cheeseburger or <b>14</b> Hamburger on a Bun Lettuce, Tomato, Onion & Pickles Coleslaw Fruit Milk	Chicken Fajitas in a <b>15</b> Flour Tortilla Lettuce, Tomato & Salsa Coleslaw Fruit Milk	Bentino's Pizza <b>16</b> OR Ham & Cheese Sandwich Green Beans Fruit Milk	Spartan Deluxe <b>17</b> Chicken Sandwich Lettuce, Tomato, Onion & Pickles Waffle Fries Fruit Milk	Fish Patty or BBQ Rib <b>18</b> On a Bun Mac N Cheese Green Beans Apple Crisp Milk
Foot Long Hot Dogs <b>21</b> Coney Sauce Shredded Cheese Baked Beans Fruit Milk	Spartan Deluxe <b>22</b> Chicken Sandwich Lettuce, Tomato, Onion & Pickles Tater tots Fruit Milk Enter Text Here	Spaghetti w/ Meat <b>23</b> Sauce Side Salad w/ Dressing Breadstick Fruit Milk	Walking Tacos <b>24</b> Shredded Cheese, Sour Cream, Lettuce, Tomato Refried Beans Salsa Fruit Milk	Spartan Deluxe <b>25</b> Nuggets Mashed Potatoes w/Gravy Roll Corn Fruit Milk
Cheeseburger or <b>28</b> Hamburger on a Bun Lettuce, Tomato, Onion & Pickles Coleslaw Fruit Milk	BBQ Pork Sandwich <b>29</b> OR Beef & bean Burrito Mixed veggies Fruit Milk	Bentino's Pizza <b>30</b> OR Johnny Marzetti Shredded Cheese Green Beans Roll Fruit Milk		

Check out our New  
Menu Items!

Spartan Deluxe  
Nuggets and  
Spartan Deluxe  
Chicken Sandwich!

Bentino's is Back!

Go Spartans

