



Commerce Middle School Lunch Menu September 2010



**Specialty Sandwich Served Daily. Includes
Choice of Salad or Fresh Vegetable
and Fresh or Chilled Fruit**

Coming Soon on September 22nd!

September 22-24

- WED – Hamburger on *Wg. Bun
- THU – Beef & Cheese Burrito
- FRI – Chicken Fried Steak on a Bun

September 27 - 30

- MON – Chicken Sandwich
- TUE – Cheese Burger on *Wg. Bun
- WED – Beef BBQ. on *Wg. Bun
- THU – Beef & Cheese Burrito
- FRI – Grill Chicken on *Wg. Bun



Made to Order Sandwiches and Fresh Salads



**Features a bounty of fresh, seasonal and composed side dishes including
hot or cold veggies, fresh cut fruits and side salads. These healthy options
add value to your meal and are a perfect spot to round out your meal.**

**Available Daily:
Chef Salad, Fresh Fruit, and Choice of Milk**



**Grab & Go
Items!**

Look Good-Eat Tomatoes!

They are high in vitamins A and C which are important for healthy looking skin.

- Try Tomatoes:**
- Plain raw
 - Marinated
 - Stewed
 - Grilled
 - Roasted

For a tasty salsa snack at home, chop up a fresh tomato and put it in a small bowl. Mix in a little garlic powder, onion powder, dried parsley, and lemon or lime juice. Enjoy with baked corn chips.