

The daily menu is subject to change without

# Fulton County Elementary School Lunch Menus October 2009



**National School Lunch Week is October 12-16, 2009. Support your school lunch program by choosing a variety of healthy options including fresh salads, fruits and vegetables, and whole grain products.**

				<p>1 Macaroni &amp; Cheese w/Ham Wheat Roll, Hamburger w/ Lettuce, Tomato &amp; Pickle, Tater Tots, Marinated Vegetable Salad, *Macaroni &amp; Cheese, Peaches, Grape Juice, Pizza Pak ,Jell-o w/</p>	<p>2 Fish Nuggets Wheat Roll *Cheese Pizza Italian Baked Potatoes Coleslaw Mixed Fruit, Oranges</p>	<p>The following milk choices are offered daily: 2%, 1%, Skim,</p> <p><b>Elementary Meal Prices:</b> Reduced Breakfast.....\$0.30 Full-Price Breakfast.....\$1.00 Adult Breakfast.....\$1.50</p> <p>Reduced Lunch.....\$0.40 Full-Price Lunch.....\$2.00 Adult Lunch.....\$3.05</p>
<p>5 Tacos with Mexican Rice *Stuffed Crust Dippers Mexican Corn Steamed Broccoli Pears, Apples Smoked Turkey &amp; Cheese Wrap</p>	<p>6 Chicken Noodle Soup *Grilled Cheese Sandwich Corn Dog Glazed Carrots, Seasoned Green Beans, Peaches, Apple Juice Ham and Cheese Sub</p>	<p>7 Spaghetti Casserole Wheat Roll Chicken Tenders *Yogurt &amp; Cheese Pak Waffle Fries, Mixed Vegetables, Mandarin Oranges, Banana</p>	<p>8 Rotisserie Chicken Wheat Roll *Cheese Pizza, Sweet Potatoes Broccoli Salad, Pineapple Tidbits Grape Juice Grilled Chicken Chef Salad Oatmeal Raisin Cookie</p>	<p>9 <b>TEACHER WORK DAY</b></p>		
<p>12 Salisbury Steak w/Au Jus Gravy Wheat Roll Breaded Chicken Sandwich *Yogurt &amp; Cheese Pak Whipped Potatoes, Steamed Broccoli, Apricots, Apples</p>	<p>13 Tomato Basil Soup *Grilled Cheese Sandwich Chicken Nuggets, Wheat Roll Green Peas, Baby Carrots w/ Dressing, Rosey Applesauce Orange Juice Turkey Chef Salad</p>	<p>14 <b>EARLY RELEASE DAY</b> Grilled Cheese Sandwich Baby Carrots Peach Cup *Yogurt &amp; Cheese Pak Chocolate Chip Cookie</p>	<p>15 Macaroni &amp; Cheese w/Ham Wheat Roll, Hamburger w/ Lettuce, Tomato &amp; Pickle, Tater Tots, Marinated Vegetable Salad, *Macaroni &amp; Cheese, Peaches, Grape Juice, Pizza Pak ,Jell-o w/ Whipped Topping</p>	<p>16 Fish Nuggets Wheat Roll *Cheese Pizza Italian Baked Potatoes Coleslaw Mixed Fruit, Oranges Ham &amp; Cheese Sub</p>	<p><b>Meatless options are denoted by an asterisk (*)</b></p>	
<p>19 Tacos with Mexican Rice *Stuffed Crust Dippers Mexican Corn Steamed Broccoli Pears, Apples Smoked Turkey &amp; Cheese Wrap</p>	<p>20 Chicken Noodle Soup *Grilled Cheese Sandwich Corn Dog Glazed Carrots, Seasoned Green Beans, Peaches, Apple Juice Ham and Cheese Sub</p>	<p>21 Spaghetti Casserole Wheat Roll Chicken Tenders *Yogurt &amp; Cheese Pak Waffle Fries, Mixed Vegetables, Mandarin Oranges, Banana</p>	<p>22 Rotisserie Chicken Wheat Roll, *Cheese Pizza, Sweet Potatoes, Broccoli Salad, Pineapple Tidbits, Grape Juice Grilled Chicken Chef Salad Oatmeal Raisin Cookie</p>	<p>23 BBQ Chicken on Bun Shrimp Poppers *Macaroni &amp; Cheese California Blend Vegetables Garden Salad, Rosey Applesauce Oranges, Pizza Pak</p>		<p><b>Fulton County School Nutrition Program</b> The Meadows Operations Center 5270 Northfield Boulevard College Park, Georgia 30349 404-669-8960</p>
<p>26 Salisbury Steak w/Au Jus Gravy Wheat Roll Breaded Chicken Sandwich *Yogurt &amp; Cheese Pak Whipped Potatoes, Steamed Broccoli, Apricots, Apples</p>	<p>27 Tomato Basil Soup *Grilled Cheese Sandwich Chicken Nuggets, Wheat Roll Green Peas, Baby Carrots w/ Dressing, Rosey Applesauce Orange Juice Turkey Chef Salad</p>	<p>28 Nachos Grande w/Salsa Asian Chicken Bites Fried Rice *Cheese Nachos Shredded Lettuce &amp; Tomato Peas &amp; Carrots, Pineapple Tidbits, Banana, Ham Chef Salad</p>	<p>29 Macaroni &amp; Cheese w/Ham Wheat Roll, Hamburger w/ Lettuce, Tomato &amp; Pickle, Tater Tots, Marinated Vegetable Salad, *Macaroni &amp; Cheese, Peaches, Grape Juice, Pizza Pak ,Jell-o w/ Whipped Topping</p>	<p>30 Fish Nuggets Wheat Roll *Cheese Pizza Italian Baked Potatoes Coleslaw Mixed Fruit, Oranges Ham &amp; Cheese Sub</p>	<p><b>Non-Discrimination Statement:</b> The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.</p>	