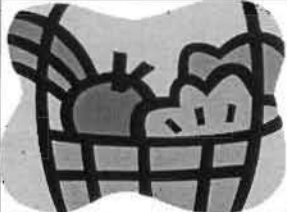





Fulton County Elementary School Breakfast Menus August 2009

<p>10</p> <p>Sausage Biscuit Honey Nut Toastey O's Orange Juice Choice of Milk</p>	<p>11</p> <p>Ham & Cheese Biscuit Frosted Flakes Apple Juice Choice Of Milk</p>	<p>12</p> <p>Chicken Biscuit Honey Nut Toastey O's Orange Juice Choice of Milk</p>	<p>13</p> <p>Whole Grain Waffles (2) w/Syrup Tottie Fruits Apple Juice Choice of Milk</p>	<p>14</p> <p>Pancake on a Stick Honey Nut Toastey O's Orange Juice Choice of Milk</p>	<p>The following milk choices are offered daily: 2%, 1%, Skim, Chocolate & Strawberry</p>
<p>17</p> <p>Whole Wheat Break fast Bun Honey Nut Toastey O's Orange Juice Choice of Milk</p>	<p>18</p> <p>Breakfast Bowl Grits & Cheese w/Sausage Patty Frosted Flakes Apple Juice Choice of Milk</p>	<p>19</p> <p>Grilled Cheese Sandwich Honey Nut Toastey O's Fresh Banana Choice of Milk</p>	<p>20</p> <p>Sausage Biscuit Tottie Fruits (2 BG) Apple Juice Choice of Milk</p>	<p>21</p> <p>French Toast Sticks (4) Syrup Honey Nut Toastey O's Orange Juice Choice of Milk</p>	
<p>24</p> <p>Sausage Biscuit Honey Nut Toastey O's Orange Juice Choice of Milk</p>	<p>25</p> <p>Ham & Cheese Biscuit Frosted Flakes Apple Juice Choice Of Milk</p>	<p>26</p> <p>Chicken Biscuit Honey Nut Toastey O's Orange Juice Choice of Milk</p>	<p>27</p> <p>Whole Grain Waffles (2) w/Syrup Tottie Fruits Apple Juice Choice of Milk</p>	<p>28</p> <p>Pancake on a Stick Honey Nut Toastey O's Orange Juice Choice of Milk</p>	<p>Elementary Meal Prices: 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>31</p> <p>Whole Wheat Break fast Bun Honey Nut Toastey O's Orange Juice Choice of Milk</p>	<p>No one is too busy to eat in the morning! Eating a healthy breakfast can help you to be better prepared for learning at school. So, start each day on the right foot by eating a healthy breakfast at school.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>				
<h2 style="margin: 0;">Welcome Back Students!!!</h2>					<p>Fulton County School Nutrition Program The Meadows Operations Center 5270 Northfield Boulevard College Park, Georgia 30349 404-669-8960</p>

Non-Discrimination Statement: 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.



Fulton County Elementary School Lunch Menus August 2009

The daily menu is
subject to
change without
advanced notice.

<p>10</p> <p>Tacos with Mexican Rice Stuffed Crust Dippers Mexican Corn, Steamed Broccoli Pears, Apples Smoked Turkey & Cheese Wrap</p>	<p>11</p> <p>Chicken Noodle Soup with Grilled Cheese Corn Dog Glazed Carrots, Seasoned Green Beans, Peaches, Apple Ham and Cheese Sub</p>	<p>12</p> <p>Spaghetti Casserole with Wheat Roll Chicken Tenders Yogurt & Cheese Pak Waffle Fries, Mixed Vegetables, Mandarin Oranges, Banana</p>	<p>13</p> <p>Rotisserie Chicken with Wheat Roll Cheese Pizza Sweet Potato Patty Broccoli Salad, Pineapple Tidbits Grilled Chicken Chef Salad</p>	<p>14</p> <p>BBQ Chicken on Bun Shrimp Poppers Macaroni & Cheese California Blend Vegetables Garden Salad Rosey Applesauce Pizza Pak</p>	
<p>17</p> <p>Salisbury Steak w/Au Jus Gravy Wheat Roll Breaded Chicken Sandwich Yogurt & Cheese Pak Whipped Potatoes, Steamed Broccoli, Apricots, Apples</p>	<p>18</p> <p>Tomato Basil Soup Grille Cheese Sandwich Chicken Nuggets, Wheat Roll Green Peas, Baby Carrots w/ Dressing, Rosey Applesauce Turkey Chef Salad</p>	<p>19</p> <p>Nachos Grande w/Salsa Asian chicken Bites Fried Rice Cheese Nachos Shredded Lettuce & Tomato Peas & Carrots Pineapple Tidbits, Banana Ham Chef Salad</p>	<p>20</p> <p>Macaroni & Cheese w/Ham Wheat Roll Hamburger w/ Lettuce, Tomato & Pickle Tater Tots, Marinated Vegetable Salad, Peaches Pizza Pak Jell-O w/Whipped Topping</p>	<p>21</p> <p>Fish Nuggets Wheat Roll Cheese Pizza Italian Baked Potatoes Coleslaw Mixed Fruit, Orange Ham & Cheese Sub</p>	<p>Elementary Meal Prices: 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>24</p> <p>Tacos with Mexican Rice Stuffed Crust Dippers Mexican Corn, Steamed Broccoli Pears, Apples Smoked Turkey & Cheese Wrap</p>	<p>25</p> <p>Chicken Noodle Soup with Grilled Cheese Corn Dog Glazed Carrots, Seasoned Green Beans, Peaches, Apple Ham and Cheese Sub</p>	<p>26</p> <p>Spaghetti Casserole Wheat Roll Chicken Tenders Yogurt & Cheese Pak Waffle Fries, Mixed Vegetables, Mandarin Oranges, Banana</p>	<p>27</p> <p>Rotisserie Chicken Wheat Roll Cheese Pizza Sweet Potato Patty Broccoli Salad, Pineapple Tidbits Grilled Chicken Chef Salad</p>	<p>28</p> <p>BBQ Chicken on Bun Shrimp Poppers Macaroni & Cheese California Blend Vegetables Garden Salad Rosey Applesauce Pizza Pak</p>	<p>The following milk choices are offered daily: 2%, 1%, Skim,</p>
<p>31</p> <p>Salisbury Steak w/Au Jus Gravy Wheat Roll Breaded Chicken Sandwich Yogurt & Cheese Pak Whipped Potatoes, Steamed Broccoli, Apricots, Apples</p>	<p>The American Dietetic Association has put a spin on an old saying: "Beans, beans, the magical fruit! The more you eat, the more you...reduce your cholesterol!" Beans, which are actually vegetables, are an excellent source of protein, a variety of vitamins and minerals, and fiber. The nutrients found in beans have been shown to maintain a healthy digestive tract, prevent certain types of cancer, and reduce cholesterol. Try adding black beans, kidney beans, pinto beans or chick-peas to your diet to help improve your overall health!</p>				

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