

The daily menu is
subject to
change without

Fulton County Elementary School Lunch Menus October 2009



			1 Macaroni & Cheese w/Ham Wheat Roll, Hamburger w/ Lettuce, Tomato & Pickle, Tater Tots, Marinated Vegetable Salad, *Macaroni & Cheese, Peaches, Grape Juice, Pizza Pak ,Jell-o w/	2 Fish Nuggets Wheat Roll *Cheese Pizza Italian Baked Potatoes Coleslaw Mixed Fruit, Oranges	The following milk choices are offered daily: 2%, 1%, Skim, Elementary Meal Prices: Reduced Breakfast.....\$0.30 Full-Price Breakfast....\$1.00 Adult Breakfast.....\$1.50 Reduced Lunch.....\$0.40 Full-Price Lunch.....\$2.00 Adult Lunch.....\$3.05
5 Tacos with Mexican Rice *Stuffed Crust Dippers Mexican Corn Steamed Broccoli Pears, Apples Smoked Turkey & Cheese Wrap	6 Chicken Noodle Soup *Grilled Cheese Sandwich Corn Dog Glazed Carrots, Seasoned Green Beans, Peaches, Apple Juice Ham and Cheese Sub	7 Spaghetti Casserole Wheat Roll Chicken Tenders *Yogurt & Cheese Pak Waffle Fries, Mixed Vegetables, Mandarin Oranges, Banana	8 Rotisserie Chicken Wheat Roll *Cheese Pizza, Sweet Potatoes Broccoli Salad, Pineapple Tidbits Grape Juice Grilled Chicken Chef Salad Oatmeal Raisin Cookie	9 TEACHER WORK DAY	
12 Salisbury Steak w/Au Jus Gravy Wheat Roll Breaded Chicken Sandwich *Yogurt & Cheese Pak Whipped Potatoes, Steamed Broccoli, Apricots, Apples	13 Tomato Basil Soup *Grilled Cheese Sandwich Chicken Nuggets, Wheat Roll Green Peas, Baby Carrots w/ Dressing, Rosey Applesauce Orange Juice Turkey Chef Salad	14 EARLY RELEASE DAY Grilled Cheese Sandwich Baby Carrots Peach Cup *Yogurt & Cheese Pak Chocolate Chip Cookie	15 Macaroni & Cheese w/Ham Wheat Roll, Hamburger w/ Lettuce, Tomato & Pickle, Tater Tots, Marinated Vegetable Salad, *Macaroni & Cheese, Peaches, Grape Juice, Pizza Pak ,Jell-o w/ Whipped Topping	16 Fish Nuggets Wheat Roll *Cheese Pizza Italian Baked Potatoes Coleslaw Mixed Fruit, Oranges Ham & Cheese Sub	 Meatless options are denoted by an asterisk (*)
19 Tacos with Mexican Rice *Stuffed Crust Dippers Mexican Corn Steamed Broccoli Pears, Apples Smoked Turkey & Cheese Wrap	20 Chicken Noodle Soup *Grilled Cheese Sandwich Corn Dog Glazed Carrots, Seasoned Green Beans, Peaches, Apple Juice Ham and Cheese Sub	21 Spaghetti Casserole Wheat Roll Chicken Tenders *Yogurt & Cheese Pak Waffle Fries, Mixed Vegetables, Mandarin Oranges, Banana	22 Rotisserie Chicken Wheat Roll, *Cheese Pizza, Sweet Potatoes, Broccoli Salad, Pineapple Tidbits, Grape Juice Grilled Chicken Chef Salad Oatmeal Raisin Cookie	23 BBQ Chicken on Bun Shrimp Poppers *Macaroni & Cheese California Blend Vegetables Garden Salad, Rosey Applesauce Oranges, Pizza Pak	
26 Salisbury Steak w/Au Jus Gravy Wheat Roll Breaded Chicken Sandwich *Yogurt & Cheese Pak Whipped Potatoes, Steamed Broccoli, Apricots, Apples	27 Tomato Basil Soup *Grilled Cheese Sandwich Chicken Nuggets, Wheat Roll Green Peas, Baby Carrots w/ Dressing, Rosey Applesauce Orange Juice Turkey Chef Salad	28 Nachos Grande w/Salsa Asian Chicken Bites Fried Rice *Cheese Nachos Shredded Lettuce & Tomato Peas & Carrots, Pineapple Tidbits, Banana, Ham Chef Salad	29 Macaroni & Cheese w/Ham Wheat Roll, Hamburger w/ Lettuce, Tomato & Pickle, Tater Tots, Marinated Vegetable Salad, *Macaroni & Cheese, Peaches, Grape Juice, Pizza Pak ,Jell-o w/ Whipped Topping	30 Fish Nuggets Wheat Roll *Cheese Pizza Italian Baked Potatoes Coleslaw Mixed Fruit, Oranges Ham & Cheese Sub	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 com- plaint 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 Breakfast Menus October 2009

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			1 Sausage Biscuit Tootie Fruitties Apple Juice Choice of Milk	2 French Toast Sticks (4) w/Syrup Honey Nut Toastey O's Orange Juice Choice of Milk	
5 Sausage Biscuit Honey Nut Toastey O's Orange Juice Choice of Milk	6 Ham & Cheese Biscuit Frosted Flakes Apple Juice Choice of Milk	7 Chicken Biscuit Honey Nut Toastey O's Orange Juice Choice of Milk	8 Whole Grain Waffles (2) w/Syrup Tootie Fruitties Apple Juice Choice of Milk	9 TEACHER WORK DAY	The following milk choices are offered daily: 2%, 1%, Skim, Chocolate & Strawberry
12 Grilled Cheese Sandwich Honey Nut Toastey O's Orange Juice Choice of Milk	13 Breakfast Bowl Grits & Cheese w/ Sausage Patty Frosted Flakes Apple Juice Choice of Milk	14 Whole Wheat Breakfast Bun Honey Nut Toastey O's Banana Choice of Milk	15 Sausage Biscuit Tootie Fruitties Apple Juice Choice of Milk	16 French Toast Sticks (4) w/Syrup Honey Nut Toastey O's Orange Juice, Choice of Milk	Elementary Meal Prices: Reduced Breakfast.....\$0.30 Full-Price Breakfast.....\$1.00 Adult Breakfast.....\$1.50 Reduced Lunch.....\$0.40 Full-Price Lunch.....\$2.00 Adult Lunch.....\$3.05
19 Sausage Biscuit Honey Nut Toastey O's Orange Juice Choice of Milk	20 Ham & Cheese Biscuit Frosted Flakes Apple Juice Choice of Milk	21 Chicken Biscuit Honey Nut Toastey O's Orange Juice Choice of Milk	22 Whole Grain Waffles (2) w/Syrup Tootie Fruitties Apple Juice Choice of Milk	23 Pancake on a Stick Honey Nut Toastey O's Orange Juice Choice of Milk	
26 Grilled Cheese Sandwich Honey Nut Toastey O's Orange Juice Choice of Milk	27 Breakfast Bowl Grits & Cheese w/ Sausage Patty Frosted Flakes Apple Juice Choice of Milk	28 Whole Wheat Breakfast Bun Honey Nut Toastey O's Banana Choice of Milk	29 Sausage Biscuit Tootie Fruitties Apple Juice Choice of Milk	30 French Toast Sticks (4) w/Syrup Honey Nut Toastey O's Orange Juice, Choice of Milk	Fulton County School Nutrition Program The Meadows Operations Center 5270 Northfield Boulevard College Park, Georgia 30349 404-669-8960

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