



Healthy Kids, Smart Kids McClarín HS/Flat Shoals Center Breakfast Menus November 2009

The daily menu is subject to change without advanced notice.

2	ELECTION DAY	4	5	6
Chicken Biscuit Honey Nut Cereal Grape Juice or Peach Cup Choice of Milk	Sausage Biscuit Yogurt with Blueberry Muffin Orange Juice or Strawberry Cup Choice of Milk	French Toast Scooters Cereal Apple Juice or Fresh Banana Choice of Milk	Hot Pocket Honey Nut Cereal Grape Juice or Fresh Apple Choice of Milk	Whole Wheat Breakfast Bun Honey Nut Cereal Orange Juice or Peach Cup Choice of Milk
9	10	11	12	13
Chicken Biscuit Honey Nut Cereal Grape Juice or Peach Cup Choice of Milk	Cinnamon Glazed Pancakes Yogurt with Blueberry Muffin Orange Juice or Strawberry Cup Choice of Milk	Breakfast Pizza Scooters Cereal Apple Juice or Fresh Banana Choice of Milk	Sausage Biscuit Honey Nut Cereal Grape Juice or Fresh Apple Choice of Milk	Breakfast Burrito Honey Nut Cereal Orange Juice or Peach Cup Choice of Milk
16	17	18	19	20
Chicken Biscuit Honey Nut Cereal Grape Juice or Peach Cup Choice of Milk	Sausage Biscuit Yogurt with Blueberry Muffin Orange Juice or Strawberry Cup Choice of Milk	French Toast Scooters Cereal Apple Juice or Fresh Banana Choice of Milk	Hot Pocket Honey Nut Cereal Grape Juice or Fresh Apple Choice of Milk	Whole Wheat Breakfast Bun Honey Nut Cereal Orange Juice or Peach Cup Choice of Milk
23	24	25	26	27
Chicken Biscuit Honey Nut Cereal Grape Juice or Peach Cup Choice of Milk	Cinnamon Glazed Pancakes Yogurt with Blueberry Muffin Orange Juice or Strawberry Cup Choice of Milk	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED
30	<p>Diabetes is a disease in which your body isn't able to properly use or produce enough insulin, the hormone that helps your body turn food into energy. According to the American Diabetes Association, there are 24 million children and adults living with the disease in this country. November is recognized as National Diabetes Month. Take this time to learn about the risks (family history, being overweight, inactivity) and prevention methods (healthy diet, exercise, maintaining a healthy weight) associated with diabetes.</p>			

The following milk choices are offered daily:
1%, Skim & Chocolate

High School Meal Prices:
Reduced Breakfast.....\$0.30
Full-Price Breakfast....\$1.15
Adult Breakfast.....\$1.50

Reduced Lunch.....\$0.40
Full-Price Lunch.....\$2.25
Adult Lunch.....\$3.05



Happy Thanksgiving!

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.

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2	ELECTION DAY	4	5	6	<div style="border: 1px solid black; padding: 5px;"> <p>The following milk choices are offered daily: 1%, Skim & Chocolate</p> </div>
Asian Chicken Bites/Fried Rice/ Roll Chicken Nuggets w/ Wheat Roll Whipped Potatoes, Turnip Greens Apricots, Fresh Orange *Cheese Chef Salad	Chicken Noodle Soup w/ Grilled Cheese Sandwich, Corn Dog Peas & Carrots, Cole Slaw Peaches, Apple Juice Ham Chef Chocolate Chip Cookie	Spaghetti Casserole with Wheat Roll Breaded Chicken Sandwich Green Beans, Lettuce/Tomato/Pickle Pears, Fresh Banana *Yogurt & Cheese Pak	Rotisserie Chicken/Combread/Rice *Cheese Pizza Black-eyed Peas, Popeye Salad, Applesauce, Orange Juice Grilled Chicken Chef Salad Yellow Cake w/Chocolate Glaze	Lemon Baked Fish/Wheat Roll, Arroz con Queso Chicken Tenders/ Wheat Roll California Blend, Waffle Fries, Mandarin Oranges, Fresh Apple Pizza Pak	
9	10	11	12	13	<div style="border: 1px solid black; padding: 5px;"> <p>High School Meal Prices: Reduced Breakfast.....\$0.30 Full-Price Breakfast.....\$1.15 Adult Breakfast.....\$1.50 Reduced Lunch.....\$0.40 Full-Price Lunch.....\$2.25 Adult Lunch.....\$3.05</p> </div>
*Tomato Basil Soup/Grilled Cheese Sandwich Chicken Nuggets w/ Wheat Roll Tater Tots, Baby Carrots/Ranch Dressing Rosey Applesauce, Fresh Orange *Yogurt & cheese Pak	Macaroni & Cheese w/Ham Grilled Chicken Sandwich Green Peas, Marinated Vegetable Salad Peaches, Apple Juice Turkey Ham & Cheese Sub Oatmeal Raisin Cookie	Roast Turkey w/ Gravy, Rice & Roll Sloppy Joe Broccoli Salad, Glazed Carrots Spiced Apples, Fresh Banana Ham Chef Salad	Beef Tacos (Hard Shell) / Mex Rice Pepperoni Pizza Mexican Corn, Steamed Broccoli Pears, Orange Juice Pizza Pak Apple Crisp	Fish Nuggets/Wheat Roll Cheeseburger Baked Beans, Carrot-Raisin Salad Mixed Fruit, Fresh Apple Deli Turkey & Cheese Sub	
16	17	18	19	20	<div style="border: 1px solid black; padding: 5px;"> <p>Meatless options are denoted by an asterisk</p> </div>
Asian Chicken Bites/Fried Rice/ Roll Chicken Nuggets w/ Wheat Roll Whipped Potatoes, Turnip Greens Apricots, Fresh Orange *Cheese Chef Salad	Chicken Noodle Soup w/ Grilled Cheese Sandwich, Corn Dog Peas & Carrots, Cole Slaw Peaches, Apple Juice Ham Chef Chocolate Chip Cookie	EARLY RELEASE DAY Turkey Ham & Cheese on Bun *Yogurt & Cheese Pak Lettuce, Tomato & Pickle Peach Cup Cookie	Rotisserie Chicken/Combread/Rice *Cheese Pizza Black-eyed Peas, Popeye Salad, Applesauce, Orange Juice Grilled Chicken Chef Salad Yellow Cake w/Chocolate Glaze	Lemon Baked Fish/Wheat Roll, Arroz con Queso Chicken Tenders/ Wheat Roll California Blend, Waffle Fries, Mandarin Oranges, Fresh Apple Pizza Pak	
23	24	25	26	27	<div style="border: 1px solid black; padding: 5px;"> </div>
*Tomato Basil Soup/Grilled Cheese Sandwich Chicken Nuggets w/ Wheat Roll Tater Tots, Baby Carrots/Ranch Dressing Rosey Applesauce, Fresh Orange *Yogurt & cheese Pak	Macaroni & Cheese w/Ham Grilled Chicken Sandwich Green Peas, Marinated Vegetable Salad Peaches, Apple Juice Turkey Ham & Cheese Sub Oatmeal Raisin Cookie	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	
30	<p>Come join your child for a wonderful Thanksgiving feast during the month of November! Check with your school to find out the specific dates.</p>				<div style="border: 1px solid black; padding: 5px;"> <p>Fulton County School Nutrition Program The Meadows Operations Center 5270 Northfield Boulevard College Park, Georgia 30349 404-669-8960</p> </div>
Asian Chicken Bites/Fried Rice/ Roll Chicken Nuggets w/ Wheat Roll Whipped Potatoes, Turnip Greens Apricots, Fresh Orange *Cheese Chef Salad					

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