



Healthy Kids, Smart Kids

McClarín High School Breakfast Menus

May 2009

The daily menu is subject to change without advanced notice.

<p>For more nutrition information visit the Fulton County School Nutrition Program website: www.fultonschools.org/dept/schoolnutrition/</p>				<p>1 Chicken Biscuit Whole Wheat Breakfast Bun Honey Nut Cereal Choice of Fruit or Juice Choice of Milk</p>	
<p>4 Chicken Biscuit Cinnamon-Glazed Pancakes Honey Nut Cereal Choice of Fruit or Juice Choice of Milk</p>	<p>5 Sausage Biscuit Egg & Cheese Biscuit Yogurt w/ Muffin Choice of Fruit or Juice Choice of Milk</p>	<p>6 Chicken Biscuit Breakfast Tortilla w/ Grits Honey Nut Cereal Choice of Fruit or Juice Choice of Milk</p>	<p>7 Sausage Biscuit Oatmeal w/ Biscuit Yogurt w/ Bagelettes Choice of Fruit or Juice Choice of Milk</p>	<p>8 Chicken Biscuit Breakfast Pizza Honey Nut Cereal Choice of Fruit or Juice</p>	
<p>11 Chicken Biscuit Breakfast Burrito Honey Nut Cereal Choice of Fruit or Juice Choice of Milk</p>	<p>12 Sausage Biscuit Egg & Cheese Biscuit Yogurt w/ Muffin Choice of Fruit or Juice Choice of Milk</p>	<p>13 Chicken Biscuit French Toast Honey Nut Cereal Choice of Fruit or Juice Choice of Milk</p>	<p>14 Sausage Biscuit Hot Pocket Yogurt w/ Bagelettes Choice of Fruit or Juice Choice of Milk</p>	<p>15 Chicken Biscuit Whole Wheat Breakfast Bun Honey Nut Cereal Choice of Fruit or Juice Choice of Milk</p>	
<p>18 Chicken Biscuit Cinnamon-Glazed Pancakes Honey Nut Cereal Choice of Fruit or Juice Choice of Milk</p>	<p>19 Sausage Biscuit Egg & Cheese Biscuit Yogurt w/ Muffin Choice of Fruit or Juice Choice of Milk</p>	<p>20 Chicken Biscuit Breakfast Tortilla w/ Grits Honey Nut Cereal Choice of Fruit or Juice Choice of Milk</p>	<p>21 Sausage Biscuit Oatmeal w/ Biscuit Yogurt w/ Bagelettes Choice of Fruit or Juice Choice of Milk</p>	<p>22 Chicken Biscuit Breakfast Pizza Honey Nut Cereal Choice of Fruit or Juice</p>	<div style="background-color: #8B4513; color: white; padding: 10px; margin-bottom: 10px;"> <p>The following milk choices are offered daily: 1%, Skim & Chocolate</p> </div>
<p>May is recognized nationally as Skin Cancer Detection Month. As the weather heats up and you begin to spend more time outside, it is even <i>more</i> important that you take precautions to protect your skin. Every person (regardless of ethnicity or skin color) should wear a sunscreen daily (with an SPF of at least 15), stay in shaded areas as much as possible, and wear protective clothing. Enjoy your time in the sun this summer, but do so safely by protecting your skin!</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.

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McClarín High School Lunch Menus

May 2009



Children should include at least 60 minutes of physical activity in each day. As warmer weather approaches, take the opportunity to join a community sports organization, make time to take walks together with your family each day, or simply play a game of dodge ball, freeze tag or volley ball with your friends. By including daily exercise now, you are certain to create a lifelong habit of being physically active on a regular basis.

- 1
- Fish Nuggets w/ Roll
- Cheeseburger
- Baked Beans, Carrot-Raisin Salad
- Fruit Cocktail, Fresh Apple
- *Triple Decker PB & J Sandwich

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

- 4
- Country Fried Steak, Roll
- Chicken Nuggets, Roll
- Whipped Potatoes, Turnip Greens
- Apricots, Fresh Orange
- *Cheese Chef Salad Plate

- 5
- Chicken Noodle Soup w/ Grilled Cheese
- Comdog
- Peas & Carrots, Cole Slaw
- Peaches, Apple Juice
- *Triple Decker PB & J Sandwich
- Vanilla Cookie

- 6
- Spaghetti Casserole
- Breaded Chicken Sandwich
- Green Beans, Lettuce/Tomato/Pickle
- Pears, Fresh Banana
- *Fruit & Yogurt Salad Plate

- 7
- Rotisserie Chicken, Combread, Rice
- Cheese Pizza
- Black Eyed Peas, Popeye Salad
- Applesauce, Orange Juice
- Tuna Salad Sub Plate
- Yellow Cake w/ Chocolate Icing

- 8
- Baked Fish, Roll, Arroz con Queso
- Chicken Tenders w/ Roll
- California Blend Vegetables, Fries
- Mandarin Oranges, Fresh Apple
- Chicken Tender Salad Plate

High School Meal Prices:
Reduced Breakfast.....\$0.30
Full-Price Breakfast.....\$0.95
Adult Breakfast.....\$1.30

Reduced Lunch.....\$0.40
Full-Price Lunch.....\$1.60
Adult Lunch.....\$2.40

- 11
- *Tomato Basil Soup w/ Grilled Chz Sand.
- Chicken Nuggets w/ Wheat Roll
- Tater Tots, Baby Carrots
- Rosey Applesauce, Fresh Orange
- *Fruit & Yogurt Salad Plate

- 12
- Macaroni & Cheese w/ Ham, Roll
- Grilled Chicken Sandwich
- Green Peas, Marinated Veggies
- Peaches, Apple Juice
- Turkey Ham & Cheese Sub Plate
- Oatmeal Raisin Cookie

- 13
- Roasted Turkey & Gravy, Rice, Roll
- Sloppy Joe
- Broccoli Salad, Glazed Carrots
- Spiced Apples, Fresh Banana
- Chicken Tender Salad Plate

- 14
- Beef Tacos
- Pepperoni Pizza
- Mexican Corn, Broccoli
- Pears, Orange Juice
- Deli Turkey & Cheese Sub Plate
- Apple Crisp

- 15
- Fish Nuggets w/ Roll
- Cheeseburger
- Baked Beans, Carrot-Raisin Salad
- Fruit Cocktail, Fresh Apple
- *Triple Decker PB & J Sandwich

Meatless options are denoted by an asterisk (*)

- 18
- Country Fried Steak, Roll
- Chicken Nuggets, Roll
- Whipped Potatoes, Turnip Greens
- Apricots, Fresh Orange
- *Cheese Chef Salad Plate

- 19
- Chicken Noodle Soup w/ Grilled Cheese
- Comdog
- Peas & Carrots, Cole Slaw
- Peaches, Apple Juice
- *Triple Decker PB & J Sandwich
- Vanilla Cookie

- 20
- Spaghetti Casserole
- Breaded Chicken Sandwich
- Green Beans, Lettuce/Tomato/Pickle
- Pears, Fresh Banana
- *Fruit & Yogurt Salad Plate

- 21
- Rotisserie Chicken, Combread, Rice
- Cheese Pizza
- Black Eyed Peas, Popeye Salad
- Applesauce, Orange Juice
- Tuna Salad Sub Plate
- Yellow Cake w/ Chocolate Icing

- 22
- Baked Fish, Roll, Arroz con Queso
- Chicken Tenders w/ Roll
- California Blend Vegetables, Fries
- Mandarin Oranges, Fresh Apple
- Chicken Tender Salad Plate



Have a Wonderful Summer Vacation!

Fulton County School Nutrition Program
The Meadows
Operations Center
5270 Northfield Boulevard
College Park, Georgia 30349
404-669-8960

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