

Healthy Kids, Smart Kids-Elementary School Lunch Menus

October 2009



<div style="border: 1px solid black; background-color: #90EE90; padding: 5px; width: fit-content; margin: auto;"> <p>The daily menu is subject to change without advanced notice.</p> </div>		<div style="border: 1px solid black; background-color: #FFFF00; padding: 5px; width: fit-content; margin: auto;"> <p>Meatless options are denoted by an asterisk (*)</p> </div>	<p>1</p> <p>Beef Tacos, Mexican Rice Grilled Chicken Sandwich Lettuce, Tomato & Pickle Mexican Corn, Broccoli Salad Pears, Orange Juice Deli Turkey & Cheese Sub Jell-O w/Whipped Topping</p>	<p>2</p> <p>Fish Nuggets, Wheat Roll Hamburger, Lettuce, Tomato & Pickle, Baked Beans, Carrot-Raisin Salad, Mixed Fruit, Apples Pizza Pak</p>	<p>The following milk choices are offered daily: 1%, Skim, Chocolate</p>
<p>5</p> <p>Salisbury Steak w/ Au Jus Gravy, Wheat Roll, Asian Chicken Bites, Fried Rice, Whipped Potatoes, Seasoned Green Beans, Apricots, Apples, Ham Chef Salad</p>	<p>6</p> <p>Chicken Noodle Soup Grilled Cheese Sandwich Corn Dog Peas & Carrots, Cole Slaw Peaches, Apple Juice Pizza Pak</p>	<p>7</p> <p>Spaghetti Casserole Wheat Roll, Breaded Chicken Sandwich, Lettuce, Tomato & Pickles, Green Beans, Corn Diced Pears, Oranges Yogurt & Cheese Pak</p>	<p>8</p> <p>Rotisserie Chicken w/ Corn Bread, Seasoned Rice Gravy, Cheese Pizza, Glazed Carrots, Turnip Greens, Rosey Applesauce Orange Juice, Turkey Chef Salad, Oatmeal Raisin Cookie</p>	<p>9</p> <p>TEACHER WORK DAY</p>	
<p>12</p> <p>Tomato Basil Soup Grilled Cheese Sandwich Chicken Nuggets, Wheat Roll Tater Tots, Baby Carrots w/ Dressing Rosey Applesauce, Oranges, Yogurt & Cheese Pak</p>	<p>13</p> <p>Oven Fried Chicken Wheat Roll, Pepperoni Pizza Italian Potatoes, Marinated Vegetable Salad Peaches, Apple Juice Turkey Ham & Cheese Sub</p>	<p>14</p> <p>EARLY RELEASE DAY</p> <p>Grilled Cheese Sandwich Baby Carrots, Peaches Yogurt & Cheese Pak Chocolate Chip Cookie</p>	<p>15</p> <p>Beef Tacos, Mexican Rice Grilled Chicken Sandwich Lettuce, Tomato & Pickle Mexican Corn, Broccoli Salad Pears, Orange Juice Deli Turkey & Cheese Sub Jell-O w/Whipped Topping</p>	<p>16</p> <p>Fish Nuggets, Wheat Roll Hamburger, Lettuce, Tomato & Pickle, Baked Beans, Carrot-Raisin Salad Mixed Fruit, Apples Pizza Pak</p>	<p>Elementary Meal Prices: Reduced Breakfast.....\$0.40 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>19</p> <p>Salisbury Steak w/ Au Jus Gravy, Wheat Roll, Asian Chicken Bites, Fried Rice, Whipped Potatoes, Seasoned Green Beans, Apricots, Apples, Ham Chef Salad</p>	<p>20</p> <p>Chicken Noodle Soup Grilled Cheese Sandwich Corn Dog Peas & Carrots, Cole Slaw Peaches, Apple Juice Pizza Pak</p>	<p>21</p> <p>Spaghetti Casserole Wheat Roll, Breaded Chicken Sandwich, Lettuce, Tomato & Pickles, Green Beans, Corn Diced Pears, Oranges Yogurt & Cheese Pak</p>	<p>22</p> <p>Rotisserie Chicken w/ Corn Bread, Seasoned Rice Gravy, Cheese Pizza, Glazed Carrots, Turnip Greens, Rosey Applesauce Orange Juice, Turkey Chef Salad, Oatmeal Raisin Cookie</p>	<p>23</p> <p>Lemon Baked Fish Arroz con Queso, Wheat Roll Chicken Tenders, California Blend Vegetables, Waffle Fries, Cheese Chef Salad, Mandarin Oranges, Banana Cheese Chef Salad</p>	<p>Fulton County School Nutrition Program The Meadows Operations Center 5270 Northfield Boulevard College Park, Georgia 30349 404-669-8960</p>
<p>26</p> <p>Tomato Basil Soup Grilled Cheese Sandwich Chicken Nuggets, Wheat Roll Tater Tots, Baby Carrots w/ Dressing Rosey Applesauce, Oranges, Yogurt & Cheese Pak</p>	<p>27</p> <p>Oven Fried Chicken Wheat Roll, Pepperoni Pizza Italian Potatoes, Marinated Vegetable Salad Peaches, Apple Juice Turkey Ham & Cheese Sub</p>	<p>28</p> <p>Roasted Turkey, Chicken Gravy Rice, Wheat Roll, Sloppy Joe, Steamed Broccoli, Black-eyed Peas Spiced Apples, Banana Ham Chef Salad</p>	<p>29</p> <p>Beef Tacos, Mexican Rice Grilled Chicken Sandwich Lettuce, Tomato & Pickle Mexican Corn, Broccoli Salad Pears, Orange Juice Deli Turkey & Cheese Sub</p>	<p>30</p> <p>Fish Nuggets, Wheat Roll Hamburger, Lettuce, Tomato & Pickle, Baked Beans, Carrot-Raisin Salad Mixed Fruit, Apples Pizza Pak</p>	<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.</p>

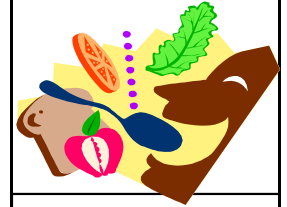


Healthy Kids, Smart Kids

Elementary School Breakfast Menus

October 2009

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			1 Breakfast Bowl w/Grits & Cheese Sausage Patty, Whole Wheat Breakfast Bun Grape Juice, Fresh Apple Choice of Milk	2 French Toast Honey Nut Cereal, Orange Juice Peach Cup Choice of Milk	<p>The following milk choices are offered daily: 1%, Skim, Chocolate</p> <p>Elementary Meal Prices: Reduced Breakfast....\$0.40 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>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, audio-tape, 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>
5 Sausage Biscuit Honey Nut Toasty O's Orange Juice Peach Cup Choice of Milk	6 Pancake on a Stick, Yogurt Blueberry Muffin Apple Juice Strawberry Cup Choice of Milk	7 Chicken Biscuit Scooter Cereal Apple Juice Banana Choice of Milk	8 Cinnamon Glazed Pancakes Yogurt, Blueberry Muffin Grape Juice, Fresh Apple Choice of Milk	9 TEACHER WORK DAY	
12 Grits Cheese Toast Honey Nut Cereal Orange Juice Peach Cup Choice of Milk	13 Chicken Biscuit Yogurt Blueberry Muffin Apple Juice Strawberry Cup Choice of Milk	14 EARLY RELEASE Oatmeal Cinnamon-Raisin Bagel Scooters Cereal, Apple Juice Banana Choice of Milk	15 Breakfast Bowl w/Grits & Cheese Sausage Patty Whole Wheat Breakfast Bun Grape Juice, Fresh Apple Choice of Milk	16 French Toast Honey Nut Cereal, Orange Juice Peach Cup Choice of Milk	
19 Sausage Biscuit Honey Nut Toasty O's Orange Juice Peach Cup Choice of Milk	20 Pancake on a Stick, Yogurt Blueberry Muffin Apple Juice Strawberry Cup Choice of Milk	21 Chicken Biscuit Scooter Cereal Apple Juice Fresh Banana Choice of Milk	22 Cinnamon Glazed Pancakes Yogurt, Blueberry Muffin Grape Juice, Fresh Apple Choice of Milk	23 Breakfast Pizza, Honey Nut Cereal, Orange Juice Peach Cup Choice of Milk	
26 Grits Cheese Toast Honey Nut Cereal Orange Juice Peach Cup Choice of Milk	27 Chicken Biscuit Yogurt Blueberry Muffin Apple Juice Strawberry Cup Choice of Milk	28 Oatmeal Cinnamon-Raisin Bagel Scooters Cereal, Apple Juice Banana Choice of Milk	29 Breakfast Bowl w/Grits & Cheese Sausage Patty Whole Wheat Breakfast Bun Grape Juice, Fresh Apple Choice of Milk	30 French Toast Honey Nut Cereal, Orange Juice Peach Cup Choice of Milk	