



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 Jello 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.....\$0.40 Full-Price Breakfast.....\$1.00 Adult Breakfast.....\$1.50 Reduced Lunch.....\$0.40</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, Chocolate & Strawberry</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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