

What do you think?

Franklin County Food & Nutrition Services is dedicated to providing kid friendly nutritious meals to all students. As we continue to improve our program, your input is important! If you have questions, comments, or suggestions we hope you will contact us. You can email us directly at nslphelp@yahoo.com.

Thank you for your support,

Robin Tennille

*Director
Food & Nutrition Services*

Student meals are our business! And in Franklin County we have implemented a program called Provision 2. Through this program all students enrolled in Franklin County School District are provided a breakfast, a lunch, and snack (in the after school program) at no charge.

Whole grains, low fat options, and fresh produce are offered to our students.

We strive to serve a variety of nutritious meals so that no child is hungry; because as we know, hungry children can not learn.

One breakfast and One lunch served at no cost to all enrolled children. If your child would like additional items, they must be purchased at the following prices:

2nd Breakfast for students—\$2.00
Breakfast main dish (Sausage & Biscuit, Cereal & Grams) - \$1.50
Milk—\$.50
Juice—\$.50

2nd Lunch for students —\$3.00
Lunch main dish (Pizza, Hamburger, Country Fried Steak—does not include specialty salads or lite alternatives) - \$1.50
Lunch extra side (Milk, Juice, Fruit, Vegetable, Bread) - \$.50

We encourage faculty, staff, & parents to eat in the cafeteria; however, these meals are not subsidized like meals served to the students. We offer a teacher bar 4 days a week which consists of a salad bar and one other item (e.g., hamburger steak, soup, sandwiches, chicken, etc.). If you like our student meals, you may also purchase a meal from the student serving line. We thank you for your support!

Adult Lunch from student line (includes specialty salad & Lite Alternative): \$3.00
Adult Breakfast: \$2.00
Teacher Bar: \$4.00 (no partial sales)

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Franklin County School Food & Nutrition Services

2009-2010



Breakfast Menu 2009 — 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Ham & Biscuit C 100% fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Cinnamon Rolls 100% fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Breakfast Pizza 100 % fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Pancake & Sausage on a Stick 100 % fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Waffle & Sausage Patty 100 % fruit Juice Variety of Milk
Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Sausage & Biscuit 100% fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Ham & Cheese Muffin C 100% fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Breakfast Burrito 100% fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Pancakes & Sausage Link (2) 100% fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Chicken & Biscuit 100% fruit Juice Variety of Milk
Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Grits & Sausage Patty 100% fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Ham & Cheese Muffin C 100% fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Sausage & Biscuit 100% fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Oatmeal & Sausage Links 100% fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers 100% fruit Juice Variety of Milk
Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Cinnamon Roll 100% fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers French Toast & Grits 100% fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Pancakes & Sausage Link (2) 100% fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Egg & Cheese Muffin 100% fruit Juice Variety of Milk	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Manager's Choice 100% fruit Juice Variety of Milk

**PreK & EHS Breakfast Menu
2009 — 2010**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Ham & Biscuit C 100% fruit Juice Variety of Milk</p>	<p>Cinnamon Rolls 100% fruit Juice Variety of Milk</p>	<p>Breakfast Pizza 100 % fruit Juice Variety of Milk</p>	<p>Pancake & Sausage on a Stick 100 % fruit Juice Variety of Milk</p>	<p>Waffle & Sausage Link 100 % fruit Juice Variety of Milk</p>
<p>Sausage & Biscuit 100% fruit Juice Variety of Milk</p>	<p>Ham & Cheese Muffin C 100% fruit Juice Variety of Milk</p>	<p>Yogurt & Graham Crackers 100% fruit Juice Variety of Milk</p>	<p>Pancake & Sausage Link (1) 100% fruit Juice Variety of Milk</p>	<p>Chicken & Biscuit 100% fruit Juice Variety of Milk</p>
<p>Grits & Sausage Patty 100% fruit Juice Variety of Milk</p>	<p>Ham & Cheese Muffin C 100% fruit Juice Variety of Milk</p>	<p>Grits & Ham 100% fruit Juice Variety of Milk</p>	<p>Oatmeal & Sausage Link (1) 100% fruit Juice Variety of Milk</p>	<p>Cereal & Graham Crackers 100% fruit Juice Variety of Milk</p>
<p>Cinnamon Roll 100% fruit Juice Variety of Milk</p>	<p>French Toast & Grits 100% fruit Juice Variety of Milk</p>	<p>Pancakes & Sausage Link (1) 100% fruit Juice Variety of Milk</p>	<p>Egg & Cheese Muffin 100% fruit Juice Variety of Milk</p>	<p>Manager's Choice 100% fruit Juice Variety of Milk</p>

Portion Sizes for PreK are smaller than LC and adult.

BIC Menu 2009 — 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Ham & Biscuit 100% fruit Juice Variety of Milk	GO Fast Breakfast Package Variety of Milk	Breakfast Pizza 100 % fruit Juice Variety of Milk	Pancake & Sausage on a Stick 100 % fruit Juice Variety of Milk	Waffle & Sausage Fresh Peach Variety of Milk
Sausage & Biscuit 100% fruit Juice Variety of Milk	Ham & Cheese Muffin 100% fruit Juice Variety of Milk	Breakfast Burrito 100% fruit Juice Variety of Milk	GO Fast Breakfast Package Variety of Milk	Yogurt & Graham Crackers Fresh Banana Variety of Milk
Pancake & Sausage on a Stick 100% fruit Juice Variety of Milk	Ham & Cheese Muffin Variety of Milk	Sausage & Biscuit 100% fruit Juice Variety of Milk	GO Fast Breakfast Package 100% Fruit Juice Variety of Milk	Cereal Bar & Graham Crackers Fresh Apple Variety of Milk
GO Fast Breakfast Package Variety of Milk	Breakfast Burrito 100% fruit Juice Variety of Milk	Pancake & Sausage on a Stick 100% fruit Juice Variety of Milk	Egg & Cheese Muffin Fresh Apple Variety of Milk	Manager's Choice Variety of Milk

High School

Lunch Menu 2009 — 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of one: Hamburger/Cheeseburger Specialty Salad Lite Alternative Main Dish - Ckn Fajitas w/ shred'd Cheese C Rice and Tomatoes C Black Beans Fresh Side Salad Choice of Milk	Choice of one: Breaded Chicken Sandwich Specialty Salad Lite Alternative Main Dish - Pepperoni or Cheese Pizza Broccoli dippers w/ ranch dressing Mixed Fruit w/ blueberries C Chocolate Pudding Choice of Milk	Choice of one: Seahawk Sub Sandwich C Specialty Salad Lite Alternative Main Dish - Hamburger Steak Rice & Gravy C Diced/Sliced Peaches C Green Beans C Choice of Milk	Choice of One: Toasted Ham & Cheese Sandwich C Specialty Salad Lite Alternative Main Dish - BBQ Sandwich on Bun C Potato Triangles Strawberry/Blueberry Fruit Cup C Homemade Cornbread C Choice of Milk	Choice of One: Mozzarella Cheese Sticks w/ Marinara Specialty Salad Lite Alternative Main Dish - Chicken Nuggets Macaroni & Cheese C Sweet peas C Seasonal Fresh Fruit Choice of Milk
Choice of one: Hamburger/Cheeseburger Specialty Salad Lite Alternative Main Dish - Salisbury Steak Rice & Tomatoes C Mexican Corn C Applesauce C Choice of Milk	Choice of one: Breaded Chicken Sandwich Specialty Salad Lite Alternative Main Dish - Ham Slice C Pineapple Mashed Potatoes w/ gravy Homemade Cornbread C Choice of Milk	Choice of one: Seahawk Sub Sandwich C Specialty Salad Lite Alternative Main Dish - Beef-a-Roni Garlic Bread (only w/ main dish) Apple Slices C Green Beans C Choice of Milk	Choice of One: Toasted Ham & Cheese Sandwich C Specialty Salad Lite Alternative Main Dish - Roasted Seasoned Chicken C Black-eyed Peas Farm to School Fresh Greens Rice & Tomato Gravy C Choice of Milk	Choice of One: Mozzarella Cheese Sticks w/ Marinara Specialty Salad Lite Alternative Main Dish - Corn dog Farm to School Sweet Potato Stix w/ ranch Baby Limas C Homemade Cornbread C Choice of Milk
Choice of one: Hamburger/Cheeseburger Specialty Salad Lite Alternative Main Dish - Nachos w/ Meat & Cheese Cup C Fresh Side Salad Peaches & Blueberries C Rice w/ peas and carrots for color C Choice of Milk	Choice of one: Breaded Chicken Sandwich Specialty Salad Lite Alternative Main Dish - Catfish Strips C Baby Limas C Mixed Fruit C Homemade Cornbread C Choice of Milk	Choice of one: Seahawk Sub Sandwich C Specialty Salad Lite Alternative Main Dish - Country Fried Steak Macaroni & Cheese C Green Beans C Seasonal Fresh Fruit Choice of Milk	Choice of One: Toasted Ham & Cheese Sandwich C Specialty Salad Lite Alternative Main Dish - Hot dog on Bun Cheesy Potatoes C Strawberry Cup C Sugar Cookie for Customer Appreciation Choice of Milk	Choice of One: Mozzarella Cheese Sticks w/ Marinara Specialty Salad Lite Alternative Main Dish - Teriyaki Chicken Bowl Rice C Glazed Carrots C Sweet Peas C Choice of Milk
Choice of one: Hamburger/Cheeseburger Specialty Salad Lite Alternative Main Dish - Soft Taco w/ Shredded Cheese C Yellow Rice C Fresh Side Salad Black Beans Choice of Milk	Choice of one: Breaded Chicken Sandwich Specialty Salad Lite Alternative Main Dish - Cheesy Chicken Bite Bowl C Mashed Potatoes w/ Gravy Buttered Corn C Homemade Cornbread C Choice of Milk	Choice of one: Seahawk Sub Sandwich C Specialty Salad Lite Alternative Main Dish - Pepperoni or Cheese Pizza Green Beans C Mixed Fruit w/ blueberries C Chocolate Pudding Choice of Milk	Choice of One: Toasted Ham & Cheese Sandwich C Specialty Salad Lite Alternative Main Dish - Chili C w/ saltines Baked Potato Broccoli w/ Cheese C Choice of Milk	Choice of One: Mozzarella Cheese Sticks w/ Marinara Specialty Salad Lite Alternative Main Dish - Chicken Nuggets Macaroni & Cheese C (Rice & Gravy when above runs out C) Sweet peas C Fresh Baby Carrot Dippers w/ Ranch Choice of Milk
Choice of one: Hamburger/Cheeseburger Specialty Salad Lite Alternative Main Dish - Meatball Sub w/ Cheese C Fresh Side Salad Mixed Fruit C Choice of Milk	Choice of one: Breaded Chicken Sandwich Specialty Salad Lite Alternative Main Dish - Fish Sandwich on Bun Lettuce, Tomato, Pickle Sweet Peas C Blueberry Cobbler C Choice of Milk	Choice of one: Turkey & Cheese Sub Sandwich C Specialty Salad Lite Alternative Main Dish - Country Fried Chicken w/ white gravy Green Beans C Applesauce C Homemade Cornbread C Choice of Milk	Choice of One: Toasted Ham & Cheese Sandwich C Specialty Salad Lite Alternative Main Dish - Baked Chicken C Rice & Gravy C Orange Glazed Carrots C Seasonal Fresh Fruit Choice of Milk	Manager's Choice
Chef Salad, Fajita Chicken & Cheese	Southwestern Vegetarian Salad	Chef Salad, Breaded Chicken & Cheese	Chicken Caesar Salad	Chef Salad, Ham & Cheese

*Dessert items (pudding, jello, cookie) are only served with main dish.

Monday	Tuesday	Wednesday	Thursday	Friday
Specialty Salad Lite Alternative Chicken Fajitas w/ shredded Cheese C Rice & Tomatoes C Black Beans Fresh Side Salad Choice of Milk	Specialty Salad Lite Alternative Cheese Pizza Broccoli dippers w/ ranch dressing Mixed Fruit w/ blueberries C Chocolate Pudding Choice of Milk	Specialty Salad Lite Alternative Hamburger Steak Rice & Gravy C Diced/Sliced Peaches C Green Beans C Choice of Milk	Specialty Salad Lite Alternative BBQ Sandwich on Bun C Potato Triangles Strawberry Cup C Homemade Cornbread C Choice of Milk	Specialty Salad Lite Alternative Chicken Nuggets Macaroni & Cheese C Sweet peas C Seasonal Fresh Fruit Choice of Milk
Specialty Salad Lite Alternative Salisbury Steak Rice & Tomatoes C Mexican Corn C Applesauce C Choice of Milk	Specialty Salad Lite Alternative Ham Slice C Pineapple Mashed Potatoes w/ gravy Homemade Corn Bread C Choice of Milk	Specialty Salad Lite Alternative Beef-a-Roni C Garlic Bread (only w/ beef-a-Roni) Apple Slices C Green Beans C Choice of Milk	Specialty Salad Lite Alternative Roasted Seasoned Chicken C Black-eyed Peas Farm to School Fresh Greens Rice & Tomato Gravy C Choice of Milk	Specialty Salad Lite Alternative Corn dog Farm to School Sweet Potato Stix w/ ranch Baby Limas C Homemade Cornbread C Choice of Milk
Specialty Salad Lite Alternative Hamburger Steak w/ Gravy Fresh Side Salad Peaches & Blueberries C Rice w/ Peas and Carrots for color Choice of Milk	Specialty Salad Lite Alternative Catfish Strips C Baby Limas C Mixed Fruit C Homemade Cornbread C Choice of Milk	Specialty Salad Lite Alternative Country Fried Steak Macaroni & Cheese C Green Beans C Seasonal Fresh Fruit Choice of Milk	Specialty Salad Lite Alternative Main Dish - Hot dog on Bun Cheesy Potatoes C Strawberry Cup C Sugar Cookie for Customer Appreciation Choice of Milk	Specialty Salad Lite Alternative Mozzarella Cheese Sticks w/ Marinara Rice w/ Gravy C Glazed Carrots C Sweet Peas C Choice of Milk
Specialty Salad Lite Alternative Soft Taco w/ Shredded Cheese C Yellow Rice C Fresh Side Salad Black Beans Choice of Milk	Specialty Salad Lite Alternative Cheesy Chicken Bite Bowl C Mashed Potatoes w/ Gravy Buttered Corn C Homemade Cornbread C Choice of Milk	Specialty Salad Lite Alternative Cheese Pizza Green Beans C Mixed Fruit w/ blueberries C Chocolate Pudding Choice of Milk	Specialty Salad Lite Alternative Toasted Ham and Cheese Sandwich C Juice Bar Broccoli w/ Cheese C Jello Choice of Milk	Specialty Salad Lite Alternative Chicken Nuggets Macaroni & Cheese C Rice & Gravy when above runs out C) Sweet peas C Fresh Baby Carrot Dippers w/ Ranch Choice of Milk
Specialty Salad Lite Alternative Hamburger/Cheeseburger Fresh Side Salad Mixed Fruit C Rice & Gravy C Choice of Milk	Specialty Salad Lite Alternative Fish Sandwich on Bun Lettuce, Tomato, Pickle Sweet Peas C Blueberry Cobbler C Choice of Milk	Specialty Salad Lite Alternative Country Fried Chicken w/ white Gravy Green Beans C Applesauce C Homemade Cornbread C Choice of Milk	Specialty Salad Lite Alternative Baked Chicken C Rice & Gravy C Orange Glazed Carrots C Seasonal Fresh Fruit Choice of Milk	Manager's Choice Chef Salad, Ham & Cheese
Chef Salad, Fajita Chicken & Cheese	Southwestern Vegetarian Salad	Chef Salad breaded chicken & Cheese	Chicken Caesar Salad	Chef Salad, Ham & Cheese

Specialty Salads and Lite Alternative Meal available to 2nd grade and above.

K-3 Fruits & Vegetables are 1/4 cup each

ABC School

Lunch Menu 2009 — 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Specialty Salad Lite Alternative Chicken Fajitas w/ shredded Cheese C Rice & Tomatoes C Black Beans Fresh Side Salad Choice of Milk	Specialty Salad Lite Alternative Cheese Pizza Broccoli dippers w/ ranch dressing Mixed Fruit w/ blueberries C Chocolate Pudding Choice of Milk	Specialty Salad Lite Alternative Hamburger Steak Rice & Gravy C Diced/Sliced Peaches C Green Beans C Choice of Milk	Specialty Salad Lite Alternative BBQ Sandwich on Bun C Potato Triangles Strawberry Cup C Homemade Cornbread C Choice of Milk	Specialty Salad Lite Alternative Chicken Nuggets Macaroni & Cheese C Sweet peas C Seasonal Fresh Fruit Choice of Milk
Specialty Salad Lite Alternative Salisbury Steak Rice & Tomatoes C Corn C Applesauce C Choice of Milk	Specialty Salad Lite Alternative Ham Slice C Pineapple Mashed Potatoes w/ gravy Homemade Cornbread C Choice of Milk	Specialty Salad Lite Alternative Beef-a-Roni Garlic Bread (only with Beef-a-Roni) Apple Slices C Green Beans C Choice of Milk	Specialty Salad Lite Alternative Roasted Seasoned Chicken C Black-eyed Peas Farm to School Fresh Greens Rice & Tomato Gravy C Choice of Milk	Specialty Salad Lite Alternative Corn dog Farm to School Sweet Potato Stix w/ ranch Baby Limas C Homemade Cornbread C Choice of Milk
Specialty Salad Lite Alternative Hamburger Steak w/ Gravy Fresh Side Salad Peaches & Blueberries C Rice w/ Peas & Carrots for color C Choice of Milk	Specialty Salad Lite Alternative Catfish Strips C Baby Limas C Mixed Fruit C Homemade Cornbread C Choice of Milk	Specialty Salad Lite Alternative Country Fried Steak Macaroni & Cheese C Green Beans C Seasonal Fresh Fruit Choice of Milk	Specialty Salad Lite Alternative Main Dish - Hot dog on Bun Cheesy Potatoes C Strawberry Cup C Sugar Cookie for customer appreciation Choice of Milk	Specialty Salad Lite Alternative Mozzarella Cheese Sticks w/ Marinara Rice w/ Gravy C Glazed Carrots C Sweet Peas C Choice of Milk
Specialty Salad Lite Alternative Soft Taco w/ Shredded Cheese C Yellow Rice C Fresh Side Salad Black Beans Choice of Milk	Specialty Salad Lite Alternative Cheesy Chicken Bite Bowl C Mashed Potatoes w/ Gravy Buttered Corn C Homemade Cornbread C Choice of Milk	Specialty Salad Lite Alternative Cheese Pizza Green Beans C Mixed Fruit w/ blueberries C Chocolate Pudding Choice of Milk	Specialty Salad Lite Alternative Toasted Ham and Cheese Sandwich C Juice Bar Broccoli w/ Cheese C Jello Choice of Milk	Specialty Salad Lite Alternative Chicken Nuggets Macaroni & Cheese C (Rice & Gravy when above runs out C) Sweet peas C Fresh Baby Carrot Dippers w/ Ranch Choice of Milk
Specialty Salad Lite Alternative Hamburger/Cheeseburger Fresh Side Salad Mixed Fruit C Rice & Gravy C Choice of Milk	Specialty Salad Lite Alternative Fish Sandwich on Bun Lettuce, Tomato, Pickle Sweet Peas C Blueberry Cobbler C Choice of Milk	Specialty Salad Lite Alternative Country Fried Chicken w/ white Gravy Green Beans C Applesauce C Homemade Cornbread C Choice of Milk	Specialty Salad Lite Alternative Baked Chicken C Rice & Gravy C Orange Glazed Carrots C Seasonal Fresh Fruit Choice of Milk	Manager's Choice
Chef Salad Fajita Chicken & Cheese	Chef Salad, Ham & Cheese	Chicken Caesar Salad	Chef Salad Breaded Chicken & Cheese	Chef Salad Ham & Cheese

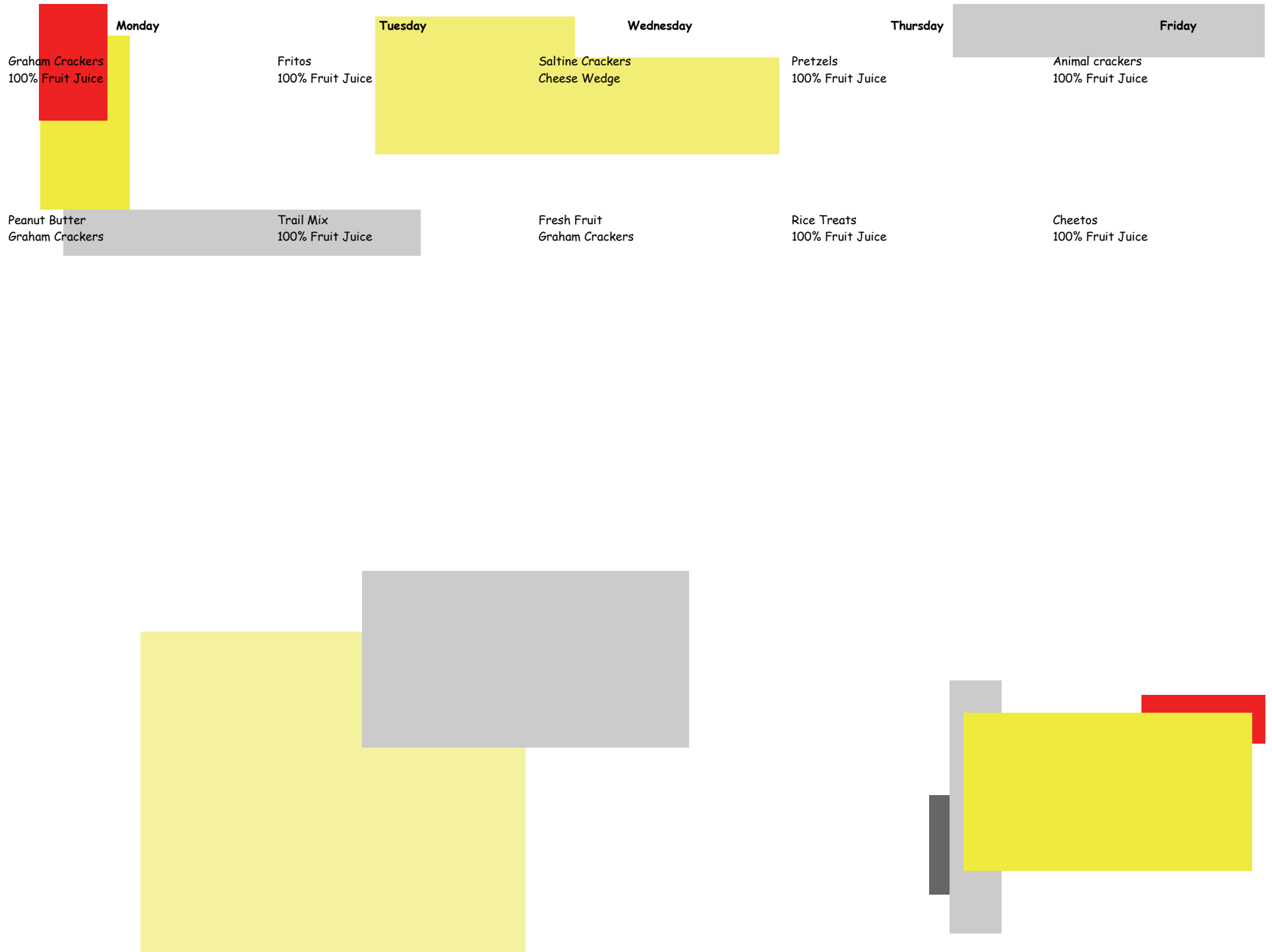
Lunch Menu 2009 — 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fajitas w/ shredded Cheese C Rice & Tomatoes C Black Beans Canned Fruit C Choice of Milk	Cheese Pizza Buttered Baby Limas C Mixed Fruit w/ blueberries C Chocolate Pudding Choice of Milk	Hamburger Steak Rice & Gravy C Diced/Sliced Peaches C Green Beans C Choice of Milk	BBQ Sandwich on Bun C Potato Triangles Strawberry Cup C Homemade Cornbread C Choice of Milk	Chicken Nuggets (3) Macaroni & Cheese C Sweet peas C Canned Fruit C Choice of Milk
Salisbury Steak Rice & Tomatoes C Baked Carrots C Applesauce C Choice of Milk	Ham Slice C Pineapple Mashed Potatoes Homemade Cornbread C Choice of Milk	Beef-a-Roni (1/2 cup) Garlic Bread (1/2 slice) Apple Slices C Green Beans C Choice of Milk	Roasted Seasoned Chicken C (1 drumstick) Black-eyed Peas Farm to School Fresh Greens Rice & Tomato Gravy C Choice of Milk	Ham Sandwich on Bun Canned Fruit C Baby Limas C Homemade Cornbread C Choice of Milk
Hamburger Steak w/ Gravy Baked Beans C Peaches & Blueberries C Rice w/ Peas & Carrots for color C Choice of Milk	Catfish Strips C (2 strips) Baby Limas C Mixed Fruit C Homemade Cornbread C Choice of Milk	Country Fried Steak Macaroni & Cheese C Green Beans C Canned Fruit C Choice of Milk	Hot Pocket Cheesy Potatoes C Strawberry Cup C Sugar Cookie for customer appreciation Choice of Milk	Mozzarella Cheese Sticks w/ Marinara (1) Rice w/ Gravy C Glazed Carrots C Sweet Peas C Choice of Milk
Soft Taco w/ Shredded Cheese C Yellow Rice C Canned Vegetable C Black Beans Choice of Milk	Cheesy Chicken Bite Bowl C (6 nuggets) Mashed Potatoes w/ Gravy Buttered Baby Limas C Homemade Cornbread C Choice of Milk	Cheese Pizza Green Beans C Mixed Fruit w/ blueberries C Chocolate Pudding Choice of Milk	Toasted Ham and Cheese Sandwich C Juice Bar Broccoli w/ Cheese C Jello Choice of Milk	Chicken Nuggets (3) Macaroni & Cheese C (Rice & Gravy when above runs out C) Sweet peas C Canned Fruit C Choice of Milk
Hamburger/Cheeseburger Baked Beans C Mixed Fruit C Rice & Gravy C Choice of Milk	Fish Sandwich on Bun Lettuce, Tomato, Pickle Sweet Peas C Blueberry Cobbler C Choice of Milk	Country Fried Chicken w/ white Gravy Green Beans C Applesauce C Homemade Cornbread C Choice of Milk	Baked Chicken C Rice & Gravy C Orange Glazed Carrots C Strawberry Cup C Choice of Milk	Manager's Choice

Portion Sizes for PreK are smaller than LC and adult.

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fajitas w/ shredded Cheese C Rice & Tomatoes C Black Beans Fresh Fruit Choice of Milk	Cheese Pizza Buttered Baby Limas C Mixed Fruit w/ blueberries C Chocolate Pudding Choice of Milk	Hamburger Steak Rice & Gravy C Diced/Sliced Peaches C Green Beans C Choice of Milk	BBQ Sandwich on Bun C Potato Triangles Strawberry Cup C Cornbread C Choice of Milk	Chicken Nuggets Macaroni & Cheese C Sweet peas C Seasonal Fresh Fruit Choice of Milk
Salisbury Steak Rice & gravy C Corn C Applesauce C Choice of Milk	Ham Slice C Pineapple Mashed Potatoes Homemade Cornbread C Choice of Milk	Beef-a-Roni C Garlic Bread (only w/ Beef-a-Roni, & 1/2 slice for PreK) Apple slices C Green Beans C Choice of Milk	Roasted Chicken C Black-eyed Peas Farm to School Fresh Greens Buttery Rice C Choice of Milk	Corn dog Farm to School Sweet Potato Stix w/ ranch Baby Limas C Jello Choice of Milk
Hamburger Steak w/ Gravy Fresh Fruit Peaches & Blueberries C Rice w/ Peas & Carrots for color C Choice of Milk	Catfish Strips C Baby Limas C Mixed Fruit C Homemade Cornbread C Choice of Milk	Country Fried Steak Macaroni & Cheese C Green Beans C Sliced Apples C Choice of Milk	Hot dog on Bun Cheesy Potatoes C Strawberry w/ blueberries C Sugar Cookie for Customer Appreciation Choice of Milk	Mozzarella Cheese Sticks w/ Marinara Rice w/ Gravy C Glazed Carrots C Sweet Peas C Choice of Milk
Soft Taco w/ Shredded Cheese C Yellow Rice C Fresh Fruit Black Beans Choice of Milk	Cheesy Chicken Bite Bowl C Mashed Potatoes w/ Gravy Buttered Corn C Homemade Cornbread C Choice of Milk	Cheese Pizza Green Beans C Mixed Fruit w/ blueberries C Chocolate Pudding Choice of Milk	Toasted Ham and Cheese Sandwich C Juice Bar Broccoli w/ Cheese Jello Choice of Milk	Chicken Nuggets Macaroni & Cheese C Sweet peas C Fresh Baby Carrot Dippers w/ Ranch Choice of Milk
Hamburger/Cheeseburger Baked Carrots C Mixed Fruit C Choice of Milk	Fish Sandwich on Bun Sweet Peas C Blueberry Cobbler C Choice of Milk	Ham & Cheese Sandwich on Bun Green Beans C Applesauce C Jello Choice of Milk	Baked Chicken C Rice & Gravy C Baked Beans C Seasonal Fresh Fruit Choice of Milk	Manager's Choice
Salad Bar Salad Bar is not available for PreK children.	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Portion Sizes for PreK are smaller than LC and adult.				

Snack Menu 2009 — 2010



**Lite Alternative Menu
2009 – 2010**

Monday

PB & Jelly Sandwich
Carrot sticks w/ Ranch

Tuesday

Yogurt
Graham Crackers
Fresh Banana

Wednesday

Fritos
Cheese Wedge
Fresh Fruit

Thursday

Graham Crackers
Fresh Apple
Peanut Butter

Friday

Celery & Ranch
Grapes
Cheetos

