

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 are 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



PreK & Contract Meals receive smaller portions.

Breakfast Menu 2009 — 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast in the Cafeteria Choice of: Cereal & Grits (C) Yogurt & Grits (C) Pancake (C) & Sausage Links Frozen Peach Cup Variety of Milk		Choice of: Cereal & Grits (C) Yogurt & Grits (C) Ham (C) & Cheese (C) Biscuit 100% fruit Juice Variety of Milk	Choice of: Cereal & Grits (C) Yogurt & Grits (C) Breakfast Pizza Blueberry Cup (C) Variety of Milk	Choice of: Cereal & Grits (C) Yogurt & Grits (C) Breakfast Burrito Frozen Apricot Cup (C) Variety of Milk	Choice of: Cereal & Grits (C) Yogurt & Grits (C) Sausage Biscuit Fresh Fruit Variety of Milk
Breakfast in the Classroom (FCS) Cereal, Whole Grain, Reduced Sugar Graham Crackers Frozen Peach Cup Variety of Milk		Ham (C) & Cheese (C) Biscuit 100% Fruit Juice Variety of Milk	Breakfast Pizza 100% Fruit Juice Variety of Milk	Breakfast Burrito Frozen Apricot Cup (C) Variety of Milk	Sausage Biscuit Fresh Fruit Variety of Milk

Lunch Menu 2009 — 2010

Students in Kindergarten thru 1st Grade will receive pre-plated meals.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8</p> <p>Choice of one: Chicken Nuggets Specialty Salad Lite Alternative Main Dish - Pepperoni or Cheese Pizza Sweet Glazed Carrots C Sliced Apples w/ Cinnamon C Choice of Milk</p>	<p>9</p> <p>Choice of one: Pepperoni or Cheese Pizza Specialty Salad Lite Alternative Main Dish - Oven Fried Chicken C Rice & Gravy C Northern Beans C Fresh Fruit Choice of Milk</p>	<p>10</p> <p>Choice of one: Turkey & Cheese Wrap C Specialty Salad Lite Alternative Main Dish - Grilled Cheese Sandwich C Vegetable Soup C Side Salad w Ranch Customer Appreciation Chocolate Chip Cookie Choice of Milk</p>	<p>11</p> <p>Choice of One: Breaded Chicken Sandwich Specialty Salad Lite Alternative Main Dish - BBQ Sandwich on Bun C Carrot Dippers w lowfat Ranch Baked Beans C Jello Choice of Milk</p>	<p>12</p> <p>Choice of One: Cheeseburger Specialty Salad Lite Alternative Main Dish - Chicken Nuggets Broccoli Dippers w/ lowfat Ranch Mac 'n' Cheese Applesauce C Choice of Milk</p>
<p>15</p> <p>Choice of one: Chicken Nuggets Specialty Salad Lite Alternative Main Dish—Soft Tacos w/ Meat & Cheese C Fresh Side Salad Corn on the Cob C Blueberry Oat Bar C Choice of Milk</p>	<p>16</p> <p>Choice of one: Pepperoni or Cheese Pizza Specialty Salad Lite Alternative Main Dish - Roasted Pork C Rice & Gravy C Fresh Fruit Fresh Greens Choice of Milk</p>	<p>17</p> <p>Choice of one: Turkey & Cheese Wrap C Specialty Salad Lite Alternative Main Dish - Cheeseburger/Hamburger Potato Triangles Sweet Carrots C Tail Mix C Choice of Milk</p>	<p>18</p> <p>Choice of One: Breaded Chicken Sandwich Specialty Salad Lite Alternative Main Dish - BBQ Chicken C Green Beans Mashed Potatoes Cornbread C Choice of Milk</p>	<p>19</p> <p>Choice of One: Cheeseburger Specialty Salad Lite Alternative Main Dish- Toasted Ham & Cheese Sandwich C Baked Beans C Pineapple Tidbits Customer Appreciation Chocolate Chip Cookie Choice of Milk</p>
<p>22</p> <p>Choice of one: Chicken Nuggets Specialty Salad Lite Alternative Main Dish - Meat Ball Sub w Cheese C Sliced Apples w/ Cinnamon C Fresh Side Salad w Ranch Trail Mix Choice of Milk</p>	<p>23</p> <p>Choice of one: Pepperoni or Cheese Pizza Specialty Salad Lite Alternative Main Dish - Hot Dog on Bun w Cheese Slice Potato Triangle Blueberry Cup C Customer Appreciation Chocolate Chip Cookie Choice of Milk</p>	<p>24</p> <p>Choice of one: Turkey & Cheese Wrap C Specialty Salad Lite Alternative Main Dish—Spaghetti w Meat Sauce C Fresh Side Salad w Ranch Fresh Fruit Garlic Bread Choice of Milk</p>	<p>25</p> <p>Choice of One: Breaded Chicken Sandwich Specialty Salad Lite Alternative Main Dish - Baked Seasoned Chicken C Mac 'n' Cheese C Northern Beans C Sliced Peaches Choice of Milk</p>	<p>26</p> <p>Choice of One: Cheeseburger Specialty Salad Lite Alternative Main Dish - Pepperoni or Cheese Pizza Broccoli Dippers w/ lowfat Ranch Pears C Chocolate Pudding Choice of Milk</p>
<p>29</p> <p>Choice of one: Chicken Nuggets Specialty Salad Lite Alternative Main Dish - Sloppy Joe on Bun C Baked Beans C Seasonal Fresh Fruit Customer Appreciation Sherbert Cup Choice of Milk</p>	<p>30</p> <p>Choice of one: Pepperoni or Cheese Pizza Specialty Salad Lite Alternative Main Dish - Popcorn Chicken Bite Bowl Farm to School Sweet Potato Stix w/ ranch Jello Choice of Milk</p>	<p>31</p> <p>Choice of one: Turkey & Cheese Wrap C Specialty Salad Lite Alternative Main Dish - BBQ Pork Sandwich on Bun C Sliced Apricots C Green Beans Choice of Milk</p>	<p>1</p> <p>Choice of One: Breaded Chicken Sandwich Specialty Salad Lite Alternative Main Dish - Oven Fried Chicken C Rice & Gravy C Northern Beans C Fresh Fruit Choice of Milk</p>	<p>2</p> <p>Choice of One: Cheeseburger Specialty Salad Lite Alternative Main Dish - Manager's Choice Choice of Milk</p>

**Food and Nutrition Services will be testing new products during the month of March. Look forward to new healthy options to our April menu!

**Menu subject to change due to product availability.

Chef Salad, Fajita Chicken & Cheese

Southwestern Vegetarian Salad

Chef Salad, Breaded Chicken & Cheese

Chicken Caesar Salad

Chef Salad, Ham & Cheese

K-3 receive smaller portion sizes

Lunch Menu 2009 — 2010

Students in Kindergarten thru 1st Grade will receive pre-plated meals.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8 Specialty Salad Lite Alternative Cheese Pizza Sweet Glazed Carrots C Sliced Apples w/ Cinnamon C Choice of Milk</p>	<p>9 Specialty Salad Lite Alternative Oven Fried Chicken C Rice & Gravy C Northern Beans C Fresh Fruit Choice of Milk</p>	<p>10 Specialty Salad Lite Alternative Grilled Cheese Sandwich C Vegetable Soup C Side Salad w Ranch Customer Appreciation Chocolate Chip Cookie Choice of Milk</p>	<p>11 Specialty Salad Lite Alternative BBQ Sandwich on Bun C Carrot Dippers w lowfat Ranch Baked Beans C Jello Choice of Milk</p>	<p>12 Specialty Salad Lite Alternative Chicken Nuggets Broccoli Dippers w/ lowfat Ranch Mac 'n' Cheese Applesauce C Choice of Milk</p>
<p>15 Specialty Salad Lite Alternative Soft Tacos w/ Meat & Cheese C Fresh Side Salad Corn on the Cob C Blueberry Oat Bar C Choice of Milk</p>	<p>16 Specialty Salad Lite Alternative Roasted Pork C Rice & Gravy C Fresh Fruit Fresh Greens Choice of Milk</p>	<p>17 Specialty Salad Lite Alternative Cheeseburger/Hamburger Potato Triangles Sweet Carrots C Tail Mix C Choice of Milk</p>	<p>18 Specialty Salad Lite Alternative BBQ Chicken C Green Beans Mashed Potatoes Cornbread C Choice of Milk</p>	<p>19 Specialty Salad Lite Alternative Toasted Ham & Cheese Sandwich C Baked Beans C Pineapple Tidbits Customer Appreciation Chocolate Chip Cookie Choice of Milk</p>
<p>22 Specialty Salad Lite Alternative Meat Ball Sub w Cheese C Sliced Apples w/ Cinnamon C Fresh Side Salad w Ranch Trail Mix Choice of Milk</p>	<p>23 Specialty Salad Lite Alternative Hot Dog on Bun w Cheese Slice Potato Triangle Blueberry Cup C Customer Appreciation Chocolate Chip Cookie Choice of Milk</p>	<p>24 Specialty Salad Lite Alternative Spaghetti w Meat Sauce C Fresh Side Salad w Ranch Fresh Fruit Garlic Bread Choice of Milk</p>	<p>25 Specialty Salad Lite Alternative Baked Seasoned Chicken C Mac 'n' Cheese C Northern Beans C Sliced Peaches Choice of Milk</p>	<p>26 Specialty Salad Lite Alternative Pepperoni or Cheese Pizza Broccoli Dippers w/ lowfat Ranch Pears C Chocolate Pudding Choice of Milk</p>
<p>29 Specialty Salad Lite Alternative Sloppy Joe on Bun C Baked Beans C Seasonal Fresh Fruit Customer Appreciation Sherbert Cup Choice of Milk</p>	<p>30 Specialty Salad Lite Alternative Popcorn Chicken Bite Bowl Farm to School Sweet Potato Stix w/ ranch Jello Choice of Milk</p>	<p>31 Specialty Salad Lite Alternative BBQ Pork Sandwich on Bun C Sliced Apricots C Green Beans Choice of Milk</p>	<p>1 Specialty Salad Lite Alternative Oven Fried Chicken C Rice & Gravy C Northern Beans C Fresh Fruit Choice of Milk</p>	<p>2 Specialty Salad Lite Alternative Main Dish - Manager's Choice Choice of Milk</p>
<p>**Food and Nutrition Services will be testing new products during the month of March. Look forward to new healthy options to our April menu!</p>	<p>**Menu subject to change due to product availability.</p>			
Chef Salad, Fajita Chicken & Cheese	Southwestern Vegetarian Salad	Chef Salad, Turkey & Cheese	Fajita Caesar Salad	Chef Salad, Ham & Cheese

K-3 receive smaller portion sizes

Lunch Menu 2009 — 2010

Students in Kindergarten thru 1st Grade will receive pre-plated meals.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8 Cheese Pizza Sweet Glazed Carrots C Sliced Apples w/ Cinnamon C Choice of Milk</p>	<p>9 Oven Fried Chicken C Rice & Gravy C Northern Beans C Fresh Fruit Choice of Milk</p>	<p>10 Grilled Cheese Sandwich C Vegetable Soup C Side Salad w Ranch Customer Appreciation Chocolate Chip Cookie Choice of Milk</p>	<p>11 BBQ Sandwich on Bun C Canned Fruit Baked Beans C Jello Choice of Milk</p>	<p>12 Chicken Nuggets Broccoli Dippers w/ lowfat Ranch Mac 'n' Cheese Applesauce C Choice of Milk</p>
<p>15 Soft Tacos w/ Meat & Cheese C Fresh Side Salad Corn on the Cob C Blueberry Oat Bar C Choice of Milk</p>	<p>16 Roasted Pork C Rice & Gravy C Fresh Fruit Fresh Greens Choice of Milk</p>	<p>17 Cheeseburger Potato Triangles Sweet Glazed Carrots C Choice of Milk</p>	<p>18 BBQ Chicken C Green Beans Mashed Potatoes Cornbread C Choice of Milk</p>	<p>19 Toasted Ham & Cheese Sandwich C Baked Beans C Pineapple Tidbits Customer Appreciation Chocolate Chip Cookie Choice of Milk</p>
<p>22 Meat Ball Sub w Cheese C Sliced Apples w/ Cinnamon C Fresh Side Salad w Ranch Trail Mix Choice of Milk</p>	<p>23 Hot Pocket Potato Triangle Blueberry Cup C Customer Appreciation Chocolate Chip Cookie Choice of Milk</p>	<p>24 Spaghetti w Meat Sauce C Fresh Side Salad w Ranch Fresh Fruit Garlic Bread Choice of Milk</p>	<p>25 Baked Seasoned Chicken C Mac 'n' Cheese C Northern Beans C Sliced Peaches Choice of Milk</p>	<p>26 Cheese Pizza Broccoli Dippers w/ lowfat Ranch Pears C Chocolate Pudding Choice of Milk</p>
<p>29 Sloppy Joe on Bun C Baked Beans C Seasonal Fresh Fruit Customer Appreciation Sherbert Cup Choice of Milk</p>	<p>30 Popcorn Chicken Bite Bowl Farm to School Sweet Potato Stix w/ ranch Jello Choice of Milk</p>	<p>31 BBQ Pork Sandwich on Bun C Sliced Apricots C Green Beans Choice of Milk</p>	<p>1 Oven Fried Chicken C Rice & Gravy C Northern Beans C Fresh Fruit Choice of Milk</p>	<p>2 Specialty Salad Lite Alternative Main Dish - Manager's Choice Choice of Milk</p>
<p>**Food and Nutrition Services will be testing new products during the month of March. Look forward to new healthy options to our April menu!</p>	<p>**Menu subject to change due to product availability.</p>			
Chef Salad, Fajita Chicken & Cheese	Southwestern Vegetarian Salad	Chef Salad, Turkey & Cheese	Fajita Caesar Salad	Chef Salad, Ham & Cheese

2009 — 2010

