


*PreK – 4 Menu

2008 –2009 MENU
 Grades 4 – 12
 August – December, 2008






	08/11/08 1	08/12/08 2	08/13/08 3	08/14/08 4	08/15/08 5
BRKFAST	Pancake on a Stick 1ea Fresh Fruit ¼ e Juice Choice ½ e Milk Choice ½ pt Syrup 1 pk	Sl. Turkey Ham ½ oz Hot Cheesy Grits ½ e Biscuit 1 Juice Choice ½ e Milk Choice ½ pt Jelly 1 pk	Cinnamon Roll 3oz Juice Choice ½ c Milk Choice ½ pt	Cereal 2 Banana 1 Juice Choice ½ c Milk Choice ½ pt	French Toast Sticks 5 Juice Choice ½ c Milk Choice ½ pt Syrup 1pk
LUNCH	* Ham Patty 2 oz White Beans ¾ oz Steamed Rice ½ e Turnip Greens ¼ e Fruit Choice: ½ e — Fresh Fruit Salad — Frozen Juice Bar Cornbread 2 oz Milk Choice ½ pt	* Fried Wings 2 oz Candied Yams ½ e — or Tator Tots Fruit Choice: ½ e — Cantaloupe Cubes — Fruit Jello w/pineapple Dinner Roll 2 oz Milk Choice ½ pt	Meatloaf w/brn. gravy 2 oz Mashed Potatoes ½ c or Tator Tots ½ c Mixed Veges ¼ c Fruit Choice: ½ c Fruit Cocktail Red & Green Grapes ½ Dinner Roll 2 oz Milk Choice ½ pt Catsup 2 pk	* Beef n Mac 2 oz Steamed Mex. Corn ½ c Or Tator Tots Let/Tom/Pick ¼ c Fruit Choice: ½ c Pear Halves Fresh Strawberries Italian Bread 2 oz Milk Choice ½ pt Parmesean Cheese 1 pk	* Baked Chicken 2 oz Rice Dressing ½ c Tator Tots Let/Tom/Pickles ½ c Fruit Choice: ½ c Frozen Juice Bar ½ c Watermelon Cubes ¼ c Dinner Roll 2 oz Milk Choice ½ pt
LUNCH	Hamburger/Cheese 2oz Tator Tots ¾ e Let/Tom/Pick ¼ e Fruit Choice: ½ e — Fresh Fruit Salad — Frozen Juice Bar Milk Choice ½ pt Mayo/Mustard 1 pk Catsup 2 pk	Nachos 2 oz Chilli/Cheese 2 oz Tator Tots ½ e Fruit Choice: ½ e — Cantaloupe Cubes — Fruit Jello w/pineapple Dinner Roll 2 oz Milk Choice ½ pt Jalopeno Peppers 1 pk	* Hot Ham & Cheese Poboy 2 oz Tator Tots ½ c Let/Tom/Pick ¼ c Fruit Choice: ½ c Fruit Cocktail Red & Green Grapes ½ c Milk Choice ½ pt	Hot Dog 2 oz Chili 1oz Tator Tots ½ oz Let/Tom/Pick ¼ c Fruit Choice: ½ c Pear Halves Fresh Strawberries Milk Choice ½ pt Catsup 2 pk	Shrimp Poppers 2 oz Tator Tots ½ c Let/Tom/Pick. ½ c Fruit Choice: ½ c Frozen Juice Bar Watermelon Cubes Dinner Roll 2 oz Milk Choice ½ pt Catsup 2 pk
SALAD	Mixed Salad Greens 2 ½ e Diced Tomatoes ¼ e Sl. Pickles ¼ e Shrd. Cheese 1 oz Ham Strips 1 oz Crackers 1 oz FF Dressing, Assrt. 1 pk Croutons 1 pk Milk Choice ½ pt	Shrd. Lettuce 2 ½ e Sliced Tomatoes 1/3 e Sl. Pickles ¼ e Shrd. Cheese 1 oz Turkey Breast Strips 1 oz Crackers 1 oz FF Dressing, Assrt. 1 pk Croutons 1 pk Milk ½ pt	Mixed Salad Greens 2 ½ c Diced Tomatoes ¼ c Pickle Spears ¼ c Shrd Cheese 1 oz Diced Ham 1 oz Crackers 1oz FF Dressing, Assrt. 1pk Croutons 1pk Milk ½ pt	Shrd. Lettuce 2 ½ c Tomato Wedges ¼ c Sl. Pickles ¼ c Shrd. Cheese 1 oz Turkey Breast Strips 1 oz Crackers 1 oz FF Dressing, Assrt. 1 pk Croutons 1 pk Milk ½ pt	Mixed Salad Greens 2 ½ c Diced Tomatoes ¼ c Pickle Spears ¼ c Shrd Cheese 1 oz Tuna Salad 2 oz Crackers 1oz FF Dressing, Assrt. 1pk Croutons 1pk Milk ½ pt




	08/25/08	11	08/26/08	12	08/27/08	13	08/28/08	14	08/29/08	15
B R E A K F A S T	Pancakes Choice Reg. or blueberry Juice Choice Milk Choice Syrup	1 oz ½ c ½ pt 1 pk	Sausage Patty Biscuit Jelly Juice Choice Milk Choice	1 oz 1 1 pk ½ c ½ pt	Breakfast Pizza Juice Choice Milk Choice	1 ea ½ c ½ pt	Assorted Muffin Choice Juice Choice Milk Choice	1 ½ c ½ pt	Breakfast Breaks Milk 	
L U N C H	Red Beans w/Rice Smk Sausage Link Turnip Greens Fruit Choice: Fresh Melon Cup Fruit Cocktail Cornbread Milk Choice	¾ c ½ c 1 ea ½ c ½ c ½ c 2 oz ½ pt	* Sausage Jambalaya Broccoli Au Gratin Marinated Cucumbers & Tomatoes Fruit Choice: Fresh Grapes Cloverdale Pineapple Cup Dinner Roll Milk Choice	2 oz ½ c ¼ c ½ c 2 oz ½ pt	* Sl. Turkey Rice Dressing Green Peas Let/Tom Fruit Choice: Orange Wedges Fruited Jello w/Pear Halves Dinner Roll Milk Choice	2 oz ½ c ½ c ¼ c ½ c ½ c 2 oz ½ pt	* Chicken Cacciatore Steamed Pasta Steamed Corn Let/Tom/Pick Garlic Bread Fruit Choice: Banana Cloverdale Straw. Applesauce Parmesan Cheese Milk Choice	2 oz ½ c ½ c ¼ c 2 oz ½ c 1 pk ½ pt	*LABOR DAY MENU BBQ Chicken Baked Beans Lett/Tom/Pick Cup Fruit Choice: Fresh Fruit Salad Frozen Juice Bar Dinner Roll Milk Choice	2 oz ½ c ¼ c ½ c 2 oz ½ pt
L U N C H	* Hamburger/Cheese Tator Tots Let/Tom/Pick Fruit Choice: Fresh Melon Cup Fruit Cocktail Catsup Mayo/Mustard Milk Choice	2oz ½ c ¼ c ½ c 2pk 1 ea ½ pt	Pepperoni Hot Pocket Broccoli au gratin Marinated Cucumbers & Tomatoes Fruit Choice: Fresh Grapes Cloverdale Pineapple Cup Milk Choice	1 ea ½ c ¼ c ½ c Cup ½ pt	Rib b que on Bun Let/Tom Green Peas Fruit Choice: Orange Wedges Fruited Jello w/Pear Halves Milk Choice	2oz ½ c ¼ c ½ c ½ pt	BBQ Sausage Po-boy Tator Tots Steamed Corn Let/Tom/Pick Fruit Choice: Banana Cloverdale Straw. Applesauce Milk Choice	2 oz ½ c ½ c ¼ c ½ c ½ pt	Pizza Macaroni n Cheese Or French Fries Green Beans Fruit Choice: Juice Bar Fresh Fruit Salad Catsup Milk Choice	1 sl ½ c ½ c ½ c 2 pk ½ pt
S A L A D	Mixed Salad Greens Diced Tomatoes Sl. Pickles Shrd. Cheese Ham Strips Crackers FF Dressing, Assrt. Croutons Milk Choice	2 ½ c ¼ c ¼ c 1 oz 1 oz 1 oz 1 pk 1 pk 1 pk ½ pt	Shrd. Lettuce Sliced Tomatoes Sl. Pickles Shrd. Cheese Turkey Breast Strips Crackers FF Dressing, Assrt. Croutons Milk	2 ½ c 1/3 c ¼ c 1 oz 1 oz 1 oz 1 pk 1 pk ½ pt	Mixed Salad Greens Diced Tomatoes Pickle Spears Shrd Cheese Diced Ham Crackers FF Dressing, Assrt. Croutons Milk	2 ½ c ¼ c ¼ c 1 oz 1 oz 1 oz 1pk 1pk 1pk ½ pt	Shrd. Lettuce Tomato Wedges Sl. Pickles Shrd. Cheese Turkey Breast Strips Crackers FF Dressing, Assrt. Croutons Milk	2 ½ c ¼ c ¼ c 1 oz 1 oz 1 oz 1 pk 1 pk ½ pt	Mixed Salad Greens Diced Tomatoes Pickle Spears Shrd Cheese Tuna Salad Crackers FF Dressing, Assrt. Croutons Milk	2 ½ c ¼ c ¼ c 1 oz 2 oz 1oz 1pk 1pk ½ pt

***PreK – 4 Menu**



2008 –2009 MENU
Grades 4 – 12
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	LABOR DAY				
	09/01/08	09/02/08	09/03/08	09/04/08	09/05/08
	1	2	3	4	5
B R E A K F A S T	Pancake on a Stick 1ea Fresh Fruit ¼ e Juice Choice ½ e Milk Choice ½ pt Syrup 1 pk	Sl. Turkey Ham ½ oz Hot Cheesy Grits ½ c Biscuit 1 Juice Choice ½ c Milk Choice ½ pt Jelly 1 pk 	Cinnamon Roll 3oz Juice Choice ½ c Milk Choice ½ pt	Cereal 2 Banana 1 Juice Choice ½ c Milk Choice ½ pt 	French Toast Sticks 5 Juice Choice ½ c Milk Choice ½ pt Syrup 1 pk
L U N C H	* Ham Patty 2 oz White Beans ¾ oz Steamed Rice ½ e Turnip Greens ¼ e Fruit Choice: ½ e —Fresh Fruit Salad —Frozen Juice Bar Cornbread 2 oz Milk Choice ½ pt	* Fried Wings 2 oz Candied Yams ½ c or Tator Tots Fruit Choice: ½ c Cantaloupe Cubes Fruit Jello w/pineapple Dinner Roll 2 oz Milk Choice ½ pt	Meatloaf w/brn. gravy 2 oz Mashed Potatoes ½ c or Tator Tots ½ c Mixed Veges ¼ c Fruit Choice: ½ c Fruit Cocktail Red & Green Grapes ½ Dinner Roll 2 oz Milk Choice ½ pt Catsup 2 pk	* Beef n Mac 2 oz Steamed Mex. Corn ½ c Or Tator Tots Let/Tom/Pick ¼ c Fruit Choice: ½ c Pear Halves Fresh Strawberries Italian Bread 2 oz Milk Choice ½ pt Parmesean Cheese 1 pk	* Baked Chicken 2 oz Rice Dressing ½ c Tator Tots Let/Tom/Pickles ½ c Fruit Choice: ½ c Frozen Juice Bar ½ c Watermelon Cubes ¼ c Dinner Roll 2 oz Milk Choice ½ pt
L U N C H	Hamburger/Cheese 2oz Tator Tots ¾ e Let/Tom/Pick ¼ e Fruit Choice: ½ e —Fresh Fruit Salad —Frozen Juice Bar Milk Choice ½ pt Mayo/Mustard 1 pk Catsup 2 pk	Nachos 2 oz Chilli/Cheese 2 oz Tator Tots ½ c Fruit Choice: ½ c Cantaloupe Cubes Fruit Jello w/pineapple Dinner Roll 2 oz Milk Choice ½ pt Jalopeno Peppers 1 pk	* Hot Ham & Cheese Poboy 2 oz Tator Tots ½ c Let/Tom/Pick ¼ c Fruit Choice: ½ c Fruit Cocktail Red & Green Grapes ½ c Milk Choice ½ pt	Hot Dog 2 oz Chili 1oz Tator Tots ½ oz Let/Tom/Pick ¼ c Fruit Choice: ½ c Pear Halves Fresh Strawberries Milk Choice ½ pt Catsup 2 pk 	Shrimp Poppers 2 oz Tator Tots ½ c Let/Tom/Pick. ½ c Fruit Choice: ½ c Frozen Juice Bar Watermelon Cubes Dinner Roll 2 oz Milk Choice ½ pt Catsup 2 pk
S A L A D	Mixed Salad Greens 2 ½ e Diced Tomatoes ¼ e Sl. Pickles ¼ e Shrd. Cheese 1 oz Ham Strips 1 oz Crackers 1 oz FF Dressing, Assrt. 1 pk Croutons 1 pk Milk Choice ½ pt	Shrd. Lettuce 2 ½ c Sliced Tomatoes 1/3 c Sl. Pickles ¼ c Shrd. Cheese 1 oz Turkey Breast Strips 1 oz Crackers 1 oz FF Dressing, Assrt. 1 pk Croutons 1 pk Milk ½ pt	Mixed Salad Greens 2 ½ c Diced Tomatoes ¼ c Pickle Spears ¼ c Shrd Cheese 1 oz Diced Ham 1 oz Crackers 1oz FF Dressing, Assrt. 1pk Croutons 1pk Milk ½ pt	Shrd. Lettuce 2 ½ c Tomato Wedges ¼ c Sl. Pickles ¼ c Shrd. Cheese 1 oz Turkey Breast Strips 1 oz Crackers 1 oz FF Dressing, Assrt. 1 pk Croutons 1 pk Milk ½ pt	Mixed Salad Greens 2 ½ c Diced Tomatoes ¼ c Pickle Spears ¼ c Shrd Cheese 1 oz Tuna Salad 2 oz Crackers 1oz FF Dressing, Assrt. 1pk Croutons 1pk Milk ½ pt

	09/15/08	11	09/16/08	12	09/17/08	13	09/18/08	14	09/19/08	15
B R E A K F A S T	Pancakes Choice Reg. or blueberry	1 oz	Sausage Patty Biscuit	1 oz 1	Breakfast Pizza Juice Choice	1 ea ½ c	Assorted Muffin Choice Juice Choice	1 ½ c	Breakfast Breaks Milk	
	Juice Choice Milk Choice Syrup	½ c ½ pt 1 pk	Jelly Juice Choice Milk Choice	1 pk ½ c ½ pt	Milk Choice	½ pt	Milk Choice	½ pt		
										
L U N C H	Red Beans w/Rice	¾ c ½ c	Sausage Jambalaya Broccoli Au Gratin	2 oz ½ c	Sl. Turkey Rice Dressing	2 oz ½ c	Chicken Cacciatore Steamed Pasta	2 oz ½ c	Tuna Salad Macaroni n Cheese	3 oz ½ c
T R	Smk Sausage Link Turnip Greens Fruit Choice: Fresh Melon Cup Fruit Cocktail Cornbread Milk Choice	1 ea ½ c ½ c 2 oz ½ pt	Marinated Cucumbers & Tomatoes Fruit Choice: Fresh Grapes Cloverdale Pineapple Cup Dinner Roll Milk Choice	¼ c ½ c ½ c 2 oz ½ pt	Green Peas Let/Tom Fruit Choice: Orange Wedges Fruited Jello w/Pear Halves Dinner Roll Milk Choice	½ c ¼ c ½ c 2 oz ½ pt	Steamed Corn Lett/Tom/Pick Garlic Bread Fruit Choice: Banana Cloverdale Straw. Applesauce Parmesan Cheese Milk Choice	½ c ¼ c 2 oz ½ c 1 pk ½ pt	Or Fries Green Beans Fruit Choice: Juice Bar Pear Halves Dinner Roll Milk Choice	½ c ½ c ½ c 2 oz ½ pt
L U N C H	Hamburger/Cheese Tator Tots Let/Tom/Pick Fruit Choice: Fresh Melon Cup Fruit Cocktail Catsup Mayo/Mustard Milk Choice	2oz ½ c ¼ c ½ c 2pk 1 ea ½ pt	Pepperoni Hot Pocket Broccoli au gratin Marinated Cucumbers & Tomatoes Fruit Choice: Fresh Grapes Cloverdale Pineapple Cup Milk Choice	1 ea ½ c ¼ c ½ c ½ pt	Rib b que on Bun Let/Tom Green Peas Fruit Choice: Orange Wedges Fruited Jello w/Pear Halves Milk Choice	2oz ½ c ¼ c ½ c ½ pt	BBQ Sausage Po-boy Tator Tots Steamed Corn Let/Tom/Pick Fruit Choice: Banana Cloverdale Straw. Applesauce Milk Choice	2 oz ½ c ½ c ¼ c ½ c ½ pt	Pizza Macaroni n Cheese Or French Fries Green Beens Fruit Choice: Juice Bar Fresh Fruit Salad Catsup Milk Choice	1 sl ½ c ½ c ½ c ½ c 2 pk ½ pt
S A L A D	Mixed Salad Greens Diced Tomatoes Sl. Pickles Shrd. Cheese Ham Strips Crackers FF Dressing, Assrt. Croutons Milk Choice	2 ½ c ¼ c ¼ c 1 oz 1 oz 1 oz 1 pk 1 pk 1 pk ½ pt	Shrd. Lettuce Sliced Tomatoes Sl. Pickles Shrd. Cheese Turkey Breast Strips Crackers FF Dressing, Assrt. Croutons Milk	2 ½ c 1/3 c ¼ c 1 oz 1 oz 1 oz 1 pk 1 pk ½ pt	Mixed Salad Greens Diced Tomatoes Pickle Spears Shrd Cheese Diced Ham Crackers FF Dressing, Assrt. Croutons Milk	2 ½ c ¼ c ¼ c 1 oz 1 oz 1 oz 1pk 1pk 1pk ½ pt	Shrd. Lettuce Tomato Wedges Sl. Pickles Shrd. Cheese Turkey Breast Strips Crackers FF Dressing, Assrt. Croutons Milk	2 ½ c ¼ c ¼ c 1 oz 1 oz 1 oz 1 pk 1 pk ½ pt	Mixed Salad Greens Diced Tomatoes Pickle Spears Shrd Cheese Tuna Salad Crackers FF Dressing, Assrt. Croutons Milk	2 ½ c ¼ c ¼ c 1 oz 2 oz 1oz 1pk 1pk ½ pt

***PreK – 4 Menu**

2008 –2009 MENU
Grades 4 – 12
August – December, 2008

	09/22/08	1	09/23/08	2	09/24/08	3	09/25/08	4	09/26/08	5
B R E A K F A S T	Pancake on a Stick	1ea	Sl. Turkey Ham	½ oz	Cinnamon Roll	3oz	Cereal	2	French Toast Sticks	5
	Fresh Fruit	¼ c	Hot Cheesy Grits	½ c	Juice Choice	½ c	Banana	1	Juice Choice	½ c
	Juice Choice	½ c	Biscuit	1	Milk Choice	½ pt	Juice Choice	½ c	Milk Choice	½ pt
	Milk Choice	½ pt	Juice Choice	½ c			Milk Choice	½ pt	Syrup	1
	Syrup	1 pk	Milk Choice	½ pt					pk	
			Jelly	1 pk						
										
L U N C H T R	*		*		*		*		*	
	Ham Patty	2 oz	Fried Wings	2 oz	Meatloaf w/brn. gravy	2 oz	Beef n Mac	2 oz	Baked Chicken	2 oz
	White Beans	¾ oz	Candied Yams	½ c	Mashed Potatoes	½ c	Steamed Mex. Corn	½ c	Rice Dressing	½ c
	Steamed Rice	½ c	or Tator Tots		or Tator Tots	½ c	Or Tator Tots		Tator Tots	
	Turnip Greens	¼ c	Fruit Choice:	½ c	Mixed Veges	¼ c	Let/Tom/Pick	¼ c	Let/Tom/Pickles	½ c
	Fruit Choice:	½ c	Cantaloupe Cubes		Fruit Choice:	½ c	Fruit Choice:	½ c	Fruit Choice:	½ c
	Fresh Fruit Salad		Fruit Jello w/pineapple		Fruit Cocktail		Pear Halves		Frozen Juice Bar	½ c
	Frozen Juice Bar		Dinner Roll	2 oz	Red & Green Grapes	½	Fresh Strawberries		Watermelon Cubes	¼ c
	Cornbread	2 oz	Milk Choice	½ pt	Dinner Roll	2 oz	Italian Bread	2 oz	Dinner Roll	2 oz
	Milk Choice	½ pt			Milk Choice	½ pt	Milk Choice	½ pt	Milk Choice	½ pt
					Catsup	2 pk	Parmesean Cheese	1 pk		
L U N C H					*					
	Hamburger/Cheese	2oz	Nachos	2 oz	Hot Ham & Cheese		Hot Dog	2 oz	Shrimp Poppers	2 oz
	Tator Tots	¾ c	Chilli/Cheese	2 oz	Poboy	2 oz	Chili	1oz	Tator Tots	½ c
	Let/Tom/Pick	¼ c	Tator Tots	½ c	Tator Tots	½ c	Tator Tots	½ oz	Let/Tom/Pick.	½ c
	Fruit Choice:	½ c	Fruit Choice:	½ c	Let/Tom/Pick	¼ c	Let/Tom/Pick	¼ c	Fruit Choice:	½ c
	Fresh Fruit Salad		Cantaloupe Cubes		Fruit Choice:	½ c	Fruit Choice:	½ c	Frozen Juice Bar	
	Frozen Juice Bar		Fruit Jello w/pineapple		Fruit Cocktail		Pear Halves		Watermelon Cubes	
	Milk Choice	½ pt	Dinner Roll	2 oz	Red & Green Grapes	½ c	Fresh Strawberries		Dinner Roll	2 oz
	Mayo/Mustard	1 pk	Milk Choice	½ pt	Milk Choice	½ pt	Milk Choice	½ pt	Milk Choice	½ pt
	Catsup	2 pk	Jalopeno Peppers	1 pk			Catsup	2 pk	Catsup	2 pk
S A L A D										
	Mixed Salad Greens	2 ½ c	Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ c	Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ c
	Diced Tomatoes	¼ c	Sliced Tomatoes	1/3 c	Diced Tomatoes	¼ c	Tomato Wedges	¼ c	Diced Tomatoes	¼ c
	Sl. Pickles	¼ c	Sl. Pickles	¼ c	Pickle Spears	¼ c	Sl. Pickles	¼ c	Pickle Spears	¼ c
	Shrd. Cheese	1 oz	Shrd. Cheese	1 oz	Shrd Cheese	1 oz	Shrd. Cheese	1 oz	Shrd Cheese	1 oz
	Ham Strips	1 oz	Turkey Breast Strips	1 oz	Diced Ham	1 oz	Turkey Breast Strips	1 oz	Tuna Salad	2 oz
	Crackers	1 oz	Crackers	1 oz	Crackers	1oz	Crackers	1 oz	Crackers	1oz
	FF Dressing, Assrt.	1 pk	FF Dressing, Assrt.	1 pk	Crackers	1oz	FF Dressing, Assrt.	1 pk	FF Dressing, Assrt.	1pk
	Croutons	1 pk	Croutons	1 pk	FF Dressing, Assrt.	1pk	Croutons	1 pk	Croutons	1pk
	FF Dressing, Assrt.	1 pk	Milk	½ pt	Croutons	1pk	Milk	½ pt	FF Dressing, Assrt.	1pk
	Croutons	1 pk			Milk	½ pt			Croutons	1pk
	Milk Choice	½ pt							Milk	½ pt

***PreK – 4 Menu**



2008 –2009 MENU
Grades 4 – 12
August – December, 2008

	09/29/08	6	09/30/08	7	10/01/08	8	10/02/08	9	10/03/08	10
B R E A K F A S T	Pop Tarts	2 ea	Scrambled Eggs	1 oz	Grilled Cheese S/W	1 oz/2oz	Breakfast Bun	2.6 oz	Breakfast Breaks	1
	Juice Choice	½ c	Hot Grits	½ c	Orange Wedges	½ c	Juice Choice	½ c	Milk Choice	½ pt
	Milk Choice	½	Toast	1 sl	Juice Choice	½ c	Milk Choice	½ pt		
				Juice Choice	Milk Choice	½ pt				
			Milk Choice	½ pt						
			Jelly	1 pk						
L U N C H T R	*		Sausage Jambalaya	2 oz	*	Stewed Chicken	2 oz	*	Lasagna	2 oz
	Beef Stew	2 oz	Steamed Corn	½ c		w/gravy			Steamed Corn	½ c
	Steamed Rice	½ c	Or Tator Tots	½ c		Steamed Rice	½ c		Fruit Choice:	½ c
	Mixed Vegetables	½ c	Garden Salad	¼ c		Steamed Cabbage	½ c		Strawberries & Pineapple	
	Pineapple Chunks	½ c	Fruit Choice:	½ c		Fruit Choice:	½ c		Banana	
	Sugar Cookie	1 ea	Sliced Peaches			Apple Wedges			Garlic Bread	2 oz
	Dinner Roll	2 oz	Frozen Juice Bar			Fruited Jello w/Fruit			Parmesan Cheese	1 pk
	Milk Choice	½ pt	Dinner Roll	2 oz		Cocktail			Milk Choice	½ pt
			Milk Choice	½ pt		Dinner Roll	2 oz			
						Milk Choice	½ pt			
L U N C H F F			*	Chicken Nuggets	2 oz	Hot Dog	2 oz		Chicken Patty on Bun	2 oz
	BBQ Beef on Bun	2 oz		Tator Tots	½ c	Chili	1 oz		Tator Tots	¾ c
	Tator Tots	½ c		Or Steamed Corn		French Fries	½ c		Lett/Tom/Pickles	¼ c
	Lett/Tom/Pick	¼ c		Garden Salad	¼ c	Lett/Tom	¼ c		Fruit Choice:	½ c
	Sugar Cookie	1 ea		Fruit Choice:	½ c	Fruit Choice:	½ c		Strawberries & Pineapple	
	Pineapple Chunks	¼ c		Sliced Peaches		Apple Wedges			Banana	
	Milk Choice	½ pt		Frozen Juice Bar		Fruited Jello w/Fruit			Milk Choice	½ pt
				Dinner Roll	2 oz	Cocktail			Catsup/Mayo/Mustard	2/1/1
				Milk Choice	½ pt	Milk Choice	½ pt			
				BBQ Sauce/Catsup	1pk/2pk	Catsup/Mustard	2/1			
S A L A D				Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ c		Shrd. Lettuce	2 ½ c
	Mixed Salad Greens	2 ½ c		Sliced Tomatoes	1/3 c	Diced Tomatoes	¼ c		Tomato Wedges	¼ c
	Diced Tomatoes	¼ c		Sl. Pickles	¼ c	Pickle Spears	¼ c		Sl. Pickles	¼ c
	Sl. Pickles	¼ c		Shrd. Cheese	1 oz	Shrd Cheese	1 oz		Shrd. Cheese	1 oz
	Shrd. Cheese	1 oz		Turkey Breast Strips	1 oz	Diced Ham	1 oz		Turkey Breast Strips	1 oz
	Ham Strips	1 oz		Crackers	1 oz	Crackers	1oz		Crackers	1 oz
	Crackers	1 oz		FF Dressing, Assrt.	1 pk	Crackers	1oz		FF Dressing, Assrt.	1 pk
	FF Dressing, Assrt.	1 pk		Croutons	1 pk	FF Dressing, Assrt.	1pk		Croutons	1 pk
	Croutons	1 pk		Milk	½ pt	Croutons	1pk		Milk	½ pt
	Milk Choice	½ pt				Milk	½ pt			
									Mixed Salad Greens	2 ½ c
									Diced Tomatoes	¼ c
									Pickle Spears	¼ c
									Shrd Cheese	1 oz
									Tuna Salad	2 oz
									Crackers	1oz
									FF Dressing, Assrt.	1pk
									Croutons	1pk
									Milk	½ pt

**Note: Breakfast Bun is WW Breakfast Bun on bid. Brand: Simply Blues, 60 ind./cs. Place in warmer.
 BBQ Beef on Bun, use beef stew and hamburger bun.**


***PreK – 4 Menu**

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Grades 4 – 12
August – December, 2008

	10/06/08	11	10/07/08	12	10/08/08	13	10/09/08	14	10/10/08	15
B R E A K F A S T	Pancakes Choice	1 oz	Sausage Patty	1 oz	Breakfast Pizza	1 ea	Assorted Muffin Choice	1	Breakfast Breaks	
	Reg. or blueberry		Biscuit	1	Juice Choice	½ c	Juice Choice	½ c	Milk	
	Juice Choice	½ c	Jelly	1 pk	Milk Choice	½ pt	Milk Choice	½ pt		
	Milk Choice	½ pt	Juice Choice	½ c						
	Syrup	1 pk	Milk Choice	½ pt						
L U N C H	Red Beans	¾ c	Sausage Jambalaya	2 oz	Sl. Turkey	2 oz	Chicken Cacciatore	2 oz	Tuna Salad	3 oz
	w/Rice	½ c	Broccoli Au Gratin	½ c	Rice Dressing	½ c	Steamed Pasta	½ c	Macaroni n Cheese	½ c
	Smk Sausage Link	1 ea	Marinated Cucumbers	¼ c	Green Peas	½ c	Steamed Corn	½ c	Or Fries	
	Turnip Greens	½ c	& Tomatoes		Let/Tom	¼ c	Lett/Tom/Pick	¼ c	Green Beans	½ c
	Fruit Choice:	½ c	Fruit Choice:	½ c	Fruit Choice:	½ c	Garlic Bread	2 oz	Fruit Choice:	½ c
	Fresh Melon Cup		Fresh Grapes		Orange Wedges		Fruit Choice:	½ c	Juice Bar	
	Fruit Cocktail		Cloverdale Pineapple Cup		Fruited Jello w/Pear Halves		Banana		Pear Halves	
	Cornbread	2 oz	Dinner Roll	2 oz	Dinner Roll	2 oz	Cloverdale Straw.		Dinner Roll	2 oz
	Milk Choice	½ pt	Milk Choice	½ pt	Milk Choice	½ pt	Applesauce		Milk Choice	½ pt
							Parmesan Cheese	1 pk		
							Milk Choice	½ pt		
L U N C H	Hamburger/Cheese	2oz	Pepperoni Hot Pocket	1 ea	Rib b que on Bun	2oz	BBQ Sausage Po-boy	2 oz	Pizza	1 sl
	Tator Tots	½ c	Broccoli au gratin	½ c	Let/Tom	½ c	Tator Tots	½ c	Macaroni n Cheese	
	Let/Tom/Pick	¼ c	Marinated Cucumbers & Tomatoes	¼ c	Green Peas	¼ c	Steamed Corn	½ c	Or French Fries	½ c
	Fruit Choice:	½ c	Fruit Choice:	½ c	Fruit Choice:	½ c	Let/Tom/Pick	¼ c	Green Beans	½ c
	Fresh Melon Cup		Fresh Grapes		Orange Wedges		Fruit Choice:	½ c	Fruit Choice:	½ c
	Fruit Cocktail		Cloverdale Pineapple Cup		Fruited Jello w/Pear Halves		Banana		Juice Bar	
	Catsup	2pk	Milk Choice	½ pt	Milk Choice	½ pt	Cloverdale Straw.		Fresh Fruit Salad	
	Mayo/Mustard	1 ea					Applesauce		Catsup	2 pk
	Milk Choice	½ pt					Milk Choice	½ pt	Milk Choice	½ pt
S A L A D	Mixed Salad Greens	2 ½ c	Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ c	Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ c
	Diced Tomatoes	¼ c	Sliced Tomatoes	1/3 c	Diced Tomatoes	¼ c	Tomato Wedges	¼ c	Diced Tomatoes	¼ c
	Sl. Pickles	¼ c	Sl. Pickles	¼ c	Pickle Spears	¼ c	Sl. Pickles	¼ c	Pickle Spears	¼ c
	Shrd. Cheese	1 oz	Shrd. Cheese	1 oz	Shrd Cheese	1 oz	Shrd. Cheese	1 oz	Shrd Cheese	1 oz
	Ham Strips	1 oz	Turkey Breast Strips	1 oz	Diced Ham	1 oz	Turkey Breast Strips	1 oz	Tuna Salad	2 oz
	Crackers	1 oz	Crackers	1 oz	Crackers	1oz	Crackers	1 oz	Crackers	1oz
	FF Dressing, Assrt.	1 pk	FF Dressing, Assrt.	1 pk	Crackers	1pk	FF Dressing, Assrt.	1 pk	FF Dressing, Assrt.	1pk
	Croutons	1 pk	Croutons	1 pk	FF Dressing, Assrt.	1pk	Croutons	1 pk	Croutons	1pk
	Milk Choice	½ pt	Milk	½ pt	Croutons	1pk	Milk	½ pt	Croutons	1pk
					Milk	½ pt			Milk	½ pt

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Grades 4 – 12
August – December, 2008

	10/13/08	1	10/14/08	2	10/15/08	3	10/16/08	4	All Day Staff Development	10/17/08	5
B R E A K F A S T	Pancake on a Stick	1ea	Sl. Turkey Ham	½ oz	Cinnamon Roll	3oz	Cereal	2	French Toast Sticks	5	
	Fresh Fruit	¼ c	Hot Cheesy Grits	½ c	Juice Choice	½ c	Banana	1	Juice Choice	½ e	
	Juice Choice	½ c	Biscuit	1	Milk Choice	½ pt	Juice Choice	½ c	Milk Choice	½ pt	
	Milk Choice	½ pt	Juice Choice	½ c			Milk Choice	½ pt	Syrup	1	
	Syrup	1 pk	Milk Choice	½ pt					pk		
			Jelly	1 pk							NO STUDENTS
L U N C H	Ham Patty	2 oz	Fried Wings	2 oz	Meatloaf w/brn. gravy	2 oz	Beef n Mac	2 oz	Baked Chicken	2 oz	
	White Beans	¾ oz	Candied Yams	½ c	Mashed Potatoes	½ c	Steamed Mex. Corn	½ c	Rice Dressing	½ e	
	Steamed Rice	½ c	or Tator Tots		or Tator Tots	½ c	Or Tator Tots		Tator Tots		
	Turnip Greens	¼ c	Fruit Choice:	½ c	Mixed Veges	¼ c	Let/Tom/Pick	¼ c	Let/Tom/Pickles	½ e	
	Fruit Choice:	½ c	Cantaloupe Cubes		Fruit Choice:	½ c	Fruit Choice:	½ c	Fruit Choice:	½ e	
	Fresh Fruit Salad		Fruit Jello w/pineapple		Fruit Cocktail		Pear Halves		Frozen Juice Bar	½ e	
	Frozen Juice Bar		Dinner Roll	2 oz	Red & Green Grapes	½	Fresh Strawberries		Watermelon Cubes	¼ e	
	Cornbread	2 oz	Milk Choice	½ pt	Dinner Roll	2 oz	Italian Bread	2 oz	Dinner Roll	2 oz	
	Milk Choice	½ pt			Milk Choice	½ pt	Milk Choice	½ pt	Milk Choice	½ pt	
					Catsup	2 pk	Parmesean Cheese	1 pk			
L U N C H	Hamburger/Cheese	2oz	Nachos	2 oz	Hot Ham & Cheese		Hot Dog	2 oz	Shrimp Poppers	2 oz	
	Tator Tots	¾ c	Chilli/Cheese	2 oz	Poboy	2 oz	Chili	1oz	Tator Tots	½ e	
	Let/Tom/Pick	¼ c	Tator Tots	½ c	Tator Tots	½ c	Tator Tots	½ oz	Let/Tom/Pick.	½ e	
	Fruit Choice:	½ c	Fruit Choice:	½ c	Let/Tom/Pick	¼ c	Let/Tom/Pick	¼ c	Fruit Choice:	½ e	
	Fresh Fruit Salad		Cantaloupe Cubes		Fruit Choice:	½ c	Fruit Choice:	½ c	Frozen Juice Bar		
	Frozen Juice Bar		Fruit Jello w/pineapple		Fruit Cocktail		Pear Halves		Watermelon Cubes		
	Milk Choice	½ pt	Dinner Roll	2 oz	Red & Green Grapes	½ c	Fresh Strawberries		Dinner Roll	2 oz	
	Mayo/Mustard	1 pk	Milk Choice	½ pt	Milk Choice	½ pt	Milk Choice	½ pt	Milk Choice	½ pt	
	Catsup	2 pk	Jalopeno Peppers	1 pk			Catsup	2 pk	Catsup	2 pk	
S A L A D	Mixed Salad Greens	2 ½ c	Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ c	Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ e	
	Diced Tomatoes	¼ c	Sliced Tomatoes	1/3 c	Diced Tomatoes	¼ c	Tomato Wedges	¼ c	Diced Tomatoes	¼ e	
	Sl. Pickles	¼ c	Sl. Pickles	¼ c	Pickle Spears	¼ c	Sl. Pickles	¼ c	Pickle Spears	¼ e	
	Shrd. Cheese	1 oz	Shrd. Cheese	1 oz	Shrd Cheese	1 oz	Shrd. Cheese	1 oz	Shrd Cheese	1 oz	
	Ham Strips	1 oz	Turkey Breast Strips	1 oz	Diced Ham	1 oz	Turkey Breast Strips	1 oz	Tuna Salad	2 oz	
	Crackers	1 oz	Crackers	1 oz	Crackers	1oz	Crackers	1 oz	Crackers	1oz	
	FF Dressing, Assrt.	1 pk	FF Dressing, Assrt.	1 pk	Crackers	1oz	FF Dressing, Assrt.	1 pk	FF Dressing, Assrt.	1pk	
	FF Dressing, Assrt.	1 pk	CROUTONS	1 pk	FF Dressing, Assrt.	1pk	CROUTONS	1 pk	FF Dressing, Assrt.	1pk	
	CROUTONS	1 pk	Milk	½ pt	FF Dressing, Assrt.	1pk	Milk	½ pt	CROUTONS	1pk	
	Milk Choice	½ pt			CROUTONS	1pk			Milk	½ pt	
					Milk	½ pt					



Oct. 17 – 1 day off for SFS

***PreK – 4 Menu**

2008 –2009 MENU
Grades 4 – 12
August – December, 2008

	10/20/08	6	10/21/08	7	10/22/08	8	10/23/08	9	10/24/08	10	
B R E A K F A S T	Pop Tarts	2 ea	Scrambled Eggs	1 oz	Grilled Cheese S/W	1 oz/2oz	Breakfast Bun	2.6 oz	Breakfast Breaks	1	
	Juice Choice	½ c	Hot Grits	½ c	Orange Wedges	½ c	Juice Choice	½ c	Milk Choice	½ pt	
	Milk Choice	½	Toast	1 sl	Juice Choice	½ c	Milk Choice	½ pt			
				Juice Choice	Milk Choice	½ pt					
			Milk Choice	½ pt	Jelly	1 pk					
L U N C H	*		Sausage Jambalaya	2 oz	*		Lasagna	2 oz	Fish Patty	2 oz	
	Beef Stew	2 oz	Steamed Corn	½ c	Stewed Chicken	2 oz	Steamed Corn	½ c	Tator Tots or	½ c	
	Steamed Rice	½ c	Or Tator Tots	½ c	w/gravy		Fruit Choice:	½ c	Or Corn on the Cob		
	Mixed Vegetables	½ c	Garden Salad	¼ c	Steamed Rice	½ c	Strawberries & Pineapple		Green Peas	½ c	
	Pineapple Chunks	½ c	Fruit Choice:	½ c	Steamed Cabbage	½ c	Banana		Fruit Choice:	½ c	
	Sugar Cookie	1 ea	Sliced Peaches		Fruit Choice:	½ c	Garlic Bread	2 oz	Frozen Juice Bar		
	Dinner Roll	2 oz	Frozen Juice Bar		Apple Wedges		Parmesan Cheese	1 pk	Kiwi & Grapes		
	Milk Choice	½ pt	Dinner Roll	2 oz	Fruited Jello w/Fruit		Milk Choice	½ pt	Dinner Roll	2 oz	
			Milk Choice	½ pt	Cocktail				Tarter Sauce/Catsup	1pk/2pk	
					Dinner Roll	2 oz			Milk Choice	½ pt	
					Milk Choice	½ pt					
L U N C H	BBQ Beef on Bun	2 oz	*	Chicken Nuggets	2 oz	Hot Dog	2 oz	Chicken Patty on Bun	2 oz	Stuffed Crust Pizza	1 sl
	Tator Tots	½ c	Tator Tots	½ c	Chili	1 oz		Tator Tots	¾ c	Tator Tots or	½ c
	Let/Tom/Pick	¼ c	Or Steamed Corn		French Fries	½ c	Let/Tom/Pickles	¼ c	Corn on the Cob		
	Sugar Cookie	1 ea	Garden Salad	¼ c	Let/Tom	¼ c	Fruit Choice:	½ c	Green Peas	½ c	
	Pineapple Chunks	¼ c	Fruit Choice:	½ c	Fruit Choice:	½ c	Strawberries & Pineapple		Fruit Choice:	½ c	
	Milk Choice	½ pt	Sliced Peaches		Apple Wedges		Banana		Frozen Juice Bar		
			Frozen Juice Bar		Fruited Jello w/Fruit		Milk Choice	½ pt	Kiwi & Grapes		
			Dinner Roll	2 oz	Cocktail		Catsup/Mayo/Mustard	2/1/1	Catsup	2pk	
			Milk Choice	½ pt	Milk Choice	½ pt			Milk Choice	½ pt	
			BBQ Sauce/Catsup	1pk/2pk	Catsup/Mustard	2/1					
S A L A D	Mixed Salad Greens	2 ½ c	Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ c	Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ c	
	Diced Tomatoes	¼ c	Sliced Tomatoes	1/3 c	Diced Tomatoes	¼ c	Tomato Wedges	¼ c	Diced Tomatoes	¼ c	
	Sl. Pickles	¼ c	Sl. Pickles	¼ c	Pickle Spears	¼ c	Sl. Pickles	¼ c	Pickle Spears	¼ c	
	Shrd. Cheese	1 oz	Shrd. Cheese	1 oz	Shrd Cheese	1 oz	Shrd. Cheese	1 oz	Shrd Cheese	1 oz	
	Ham Strips	1 oz	Turkey Breast Strips	1 oz	Diced Ham	1 oz	Turkey Breast Strips	1 oz	Tuna Salad	2 oz	
	Crackers	1 oz	Crackers	1 oz	Crackers	1oz	Crackers	1 oz	Crackers	1oz	
	FF Dressing, Assrt.	1 pk	FF Dressing, Assrt.	1 pk	Crackers	1pk	FF Dressing, Assrt.	1 pk	FF Dressing, Assrt.	1pk	
	Croutons	1 pk	Croutons	1 pk	FF Dressing, Assrt.	1pk	Croutons	1 pk	FF Dressing, Assrt.	1pk	
	FF Dressing, Assrt.	1 pk	Milk	½ pt	Croutons	1pk	Milk	½ pt	Croutons	1pk	
	Croutons	1 pk			Milk	½ pt			Milk	½ pt	
	Milk Choice	½ pt									

**Note: Breakfast Bun is WW Breakfast Bun on bid. Brand: Simply Blues, 60 ind./cs. Place in warmer.
 BBQ Beef on Bun, use beef stew and hamburger bun.**

	10/27/08	11	10/28/08	12	10/29/08	13	10/30/08	14	10/31/08	15
B R E A K F A S T	Pancakes Choice 1 oz Reg. or blueberry Juice Choice ½ c Milk Choice ½ pt Syrup 1 pk		Sausage Patty 1 oz Biscuit 1 Jelly 1 pk Juice Choice ½ c Milk Choice ½ pt		Breakfast Pizza 1 ea Juice Choice ½ c Milk Choice ½ pt 		Assorted Muffin Choice 1 Juice Choice ½ c Milk Choice ½ pt		Breakfast Breaks Milk	
L U N C H	Red Beans ¾ c w/Rice ½ c Smk Sausage Link 1 ea Turnip Greens ½ c Fruit Choice: ½ c Fresh Melon Cup Fruit Cocktail Cornbread 2 oz Milk Choice ½ pt	*	Sausage Jambalaya 2 oz Broccoli Au Gratin ½ c Marinated Cucumbers & Tomatoes ¼ c Fruit Choice: ½ c Fresh Grapes Cloverdale Pineapple Cup Dinner Roll 2 oz Milk Choice ½ pt	*	Sl. Turkey 2 oz Rice Dressing ½ c Green Peas ½ c Let/Tom ¼ c Fruit Choice: ½ c Orange Wedges Fruited Jello w/Pear Halves Dinner Roll 2 oz Milk Choice ½ pt	*	Chicken Cacciatore 2 oz Steamed Pasta ½ c Steamed Corn ½ c Let/Tom/Pick ¼ c Garlic Bread 2 oz Fruit Choice: ½ c Banana Cloverdale Straw. Applesauce Parmesan Cheese 1 pk Milk Choice ½ pt	*	Tuna Salad 3 oz Macaroni n Cheese ½ c Or Fries Green Beans ½ c Fruit Choice: ½ c Juice Bar Pear Halves Dinner Roll 2 oz Milk Choice ½ pt	
L U N C H	*	Hamburger/Cheese 2oz Tator Tots ½ c Let/Tom/Pick ¼ c Fruit Choice: ½ c Fresh Melon Cup Fruit Cocktail Catsup 2pk Mayo/Mustard 1 ea Milk Choice ½ pt	Pepperoni Hot Pocket 1 ea Broccoli au gratin ½ c Marinated Cucumbers & Tomatoes ¼ c Fruit Choice: ½ c Fresh Grapes Cloverdale Pineapple Cup Milk Choice ½ pt	Rib b que on Bun 2oz Let/Tom ½ c Green Peas ¼ c Fruit Choice: ½ c Orange Wedges Fruited Jello w/Pear Halves Milk Choice ½ pt	BBQ Sausage Po-boy 2 oz Tator Tots ½ c Steamed Corn ½ c Let/Tom/Pick ¼ c Fruit Choice: ½ c Banana Cloverdale Straw. Applesauce Milk Choice ½ pt	Pizza 1 sl Macaroni n Cheese Or French Fries ½ c Green Beens ½ c Fruit Choice: ½ c Juice Bar Fresh Fruit Salad Catsup 2 pk Milk Choice ½ pt				
S A L A D	Mixed Salad Greens 2 ½ c Diced Tomatoes ¼ c Sl. Pickles ¼ c Shrd. Cheese 1 oz Ham Strips 1 oz Crackers 1 oz FF Dressing, Assrt. 1 pk Croutons 1 pk Milk Choice ½ pt	Shrd. Lettuce 2 ½ c Sliced Tomatoes 1/3 c Sl. Pickles ¼ c Shrd. Cheese 1 oz Turkey Breast Strips 1 oz Crackers 1 oz FF Dressing, Assrt. 1 pk Croutons 1 pk Milk ½ pt 	Mixed Salad Greens 2 ½ c Diced Tomatoes ¼ c Pickle Spears ¼ c Shrd Cheese 1 oz Diced Ham 1 oz Crackers 1oz FF Dressing, Assrt. 1pk Croutons 1pk Milk ½ pt	Mixed Salad Greens 2 ½ c Tomato Wedges ¼ c Sl. Pickles ¼ c Shrd. Cheese 1 oz Turkey Breast Strips 1 oz Crackers 1 oz FF Dressing, Assrt. 1 pk Croutons 1 pk Milk ½ pt	Mixed Salad Greens 2 ½ c Diced Tomatoes ¼ c Pickle Spears ¼ c Shrd Cheese 1 oz Tuna Salad 2 oz Crackers 1oz FF Dressing, Assrt. 1pk Croutons 1pk Milk ½ pt					



***PreK – 4 Menu**

2008 –2009 MENU
Grades 4 – 12
August – December, 2008

	ELECTION DAY HOLIDAY				
	11/03/08	11/04/08	11/05/08	11/06/08	11/07/08
	1	2	3	4	5
B R E A K F A S T	Pancake on a Stick 1ea Fresh Fruit ¼ c Juice Choice ½ c Milk Choice ½ pt Syrup 1 pk	Sl. Turkey Ham ½ oz Hot Cheesy Grits ½ c Biscuit 1 Juice Choice ½ c Milk Choice ½ pt Jelly 1 pk	Cinnamon Roll 3oz Juice Choice ½ c Milk Choice ½ pt	Cereal 2 Banana 1 Juice Choice ½ c Milk Choice ½ pt	French Toast Sticks 5 Juice Choice ½ c Milk Choice ½ pt Syrup 1 pk
L U N C H	* Ham Patty 2 oz White Beans ¾ oz Steamed Rice ½ c Turnip Greens ¼ c Fruit Choice: ½ c —Fresh Fruit Salad —Frozen Juice Bar Cornbread 2 oz Milk Choice ½ pt	* Fried Wings 2 oz Candied Yams ½ c or Tator Tots Fruit Choice: ½ c Cantaloupe Cubes Fruit Jello w/pineapple Dinner Roll 2 oz Milk Choice ½ pt	Meatloaf w/brn. gravy 2 oz Mashed Potatoes ½ c or Tator Tots ½ c Mixed Veges ¼ c Fruit Choice: ½ c Fruit Cocktail Red & Green Grapes ½ Dinner Roll 2 oz Milk Choice ½ pt Catsup 2 pk	* Beef n Mac 2 oz Steamed Mex. Corn ½ c Or Tator Tots Let/Tom/Pick ¼ c Fruit Choice: ½ c Pear Halves Fresh Strawberries Italian Bread 2 oz Milk Choice ½ pt Parmesean Cheese 1 pk	* Baked Chicken 2 oz Rice Dressing ½ c Tator Tots Let/Tom/Pickles ½ c Fruit Choice: ½ c Frozen Juice Bar ½ c Watermelon Cubes ¼ c Dinner Roll 2 oz Milk Choice ½ pt
L U N C H	Hamburger/Cheese 2oz Tator Tots ¾ c Let/Tom/Pick ¼ c Fruit Choice: ½ c —Fresh Fruit Salad —Frozen Juice Bar Milk Choice ½ pt Mayo/Mustard 1 pk Catsup 2 pk	Nachos 2 oz Chilli/Cheese 2 oz Tator Tots ½ c Fruit Choice: ½ c Cantaloupe Cubes Fruit Jello w/pineapple Dinner Roll 2 oz Milk Choice ½ pt Jalopeno Peppers 1 pk	* Hot Ham & Cheese Poboy 2 oz Tator Tots ½ c Let/Tom/Pick ¼ c Fruit Choice: ½ c Fruit Cocktail Red & Green Grapes ½ c Milk Choice ½ pt	Hot Dog 2 oz Chili 1oz Tator Tots ½ oz Let/Tom/Pick ¼ c Fruit Choice: ½ c Pear Halves Fresh Strawberries Milk Choice ½ pt Catsup 2 pk	Shrimp Poppers 2 oz Tator Tots ½ c Let/Tom/Pick. ½ c Fruit Choice: ½ c Frozen Juice Bar Watermelon Cubes Dinner Roll 2 oz Milk Choice ½ pt Catsup 2 pk
S A L A D	Mixed Salad Greens 2 ½ c Diced Tomatoes ¼ c Sl. Pickles ¼ c Shrd. Cheese 1 oz Ham Strips 1 oz Crackers 1 oz FF Dressing, Assrt. 1 pk Croutons 1 pk Milk Choice ½ pt	Shrd. Lettuce 2 ½ c Sliced Tomatoes 1/3 c Sl. Pickles ¼ c Shrd. Cheese 1 oz Turkey Breast Strips 1 oz Crackers 1 oz FF Dressing, Assrt. 1 pk Croutons 1 pk Milk ½ pt	Mixed Salad Greens 2 ½ c Diced Tomatoes ¼ c Pickle Spears ¼ c Shrd Cheese 1 oz Diced Ham 1 oz Crackers 1oz FF Dressing, Assrt. 1pk Croutons 1pk Milk ½ pt	Shrd. Lettuce 2 ½ c Tomato Wedges ¼ c Sl. Pickles ¼ c Shrd. Cheese 1 oz Turkey Breast Strips 1 oz Crackers 1 oz FF Dressing, Assrt. 1 pk Croutons 1 pk Milk ½ pt	Mixed Salad Greens 2 ½ c Diced Tomatoes ¼ c Pickle Spears ¼ c Shrd Cheese 1 oz Tuna Salad 2 oz Crackers 1oz FF Dressing, Assrt. 1pk Croutons 1pk Milk ½ pt

*PreK – 4 Menu




2008 –2009 MENU
 Grades 4 – 12
 August – December, 2008

	11/10/08 6	11/11/08 7	11/12/08 8	11/13/08 9	11/14/08 10
B R E A K F A S T	VETERANS DAY HOLIDAY Pop Tarts _____ 2 ea Juice Choice _____ ½ c Milk Choice _____ ½	Scrambled Eggs 1 oz Hot Grits ½ c Toast 1 sl Juice Choice  ½ c Milk Choice ½ pt Jelly 1 pk	Grilled Cheese S/W 1 oz/2oz Orange Wedges ½ c Juice Choice ½ c Milk Choice ½ pt	Breakfast Bun 2.6 oz Juice Choice ½ c Milk Choice ½ pt	Breakfast Breaks 1 Milk Choice ½ pt
L U N C H T R	* Beef Stew _____ 2 oz Steamed Rice _____ ½ e Mixed Vegetables _____ ½ e Pineapple Chunks _____ ½ e Sugar Cookie _____ 1 ea Dinner Roll _____ 2 oz Milk Choice _____ ½ pt	Sausage Jambalaya 2 oz Steamed Corn ½ c Or Tator Tots ½ c Garden Salad ¼ c Fruit Choice: ½ c Sliced Peaches Frozen Juice Bar Dinner Roll 2 oz Milk Choice ½ pt	* Stewed Chicken 2 oz w/gravy Steamed Rice ½ c Steamed Cabbage ½ c Fruit Choice: ½ c Apple Wedges Fruited Jello w/Fruit Cocktail Dinner Roll 2 oz Milk Choice ½ pt	* Lasagna 2 oz Steamed Corn ½ c Fruit Choice: ½ c Strawberries & Pineapple Banana Garlic Bread 2 oz Parmesan Cheese 1 pk Milk Choice ½ pt	Fish Patty 2 oz Tator Tots or ½ c Or Corn on the Cob Green Peas ½ c Fruit Choice: ½ c Frozen Juice Bar Kiwi & Grapes Dinner Roll 2 oz Tarter Sauce/Catsup 1pk/2pk Milk Choice ½ pt
L U N C H F F	BBQ Beef on Bun _____ 2 oz Tator Tots _____ ½ e Lett/Tom/Pick _____ ¼ e Sugar Cookie _____ 1 ea Pineapple Chunks _____ ¼ e Milk Choice _____ ½ pt	* Chicken Nuggets 2 oz Tator Tots ½ c Or Steamed Corn Garden Salad ¼ c Fruit Choice: ½ c Sliced Peaches Frozen Juice Bar Dinner Roll 2 oz Milk Choice ½ pt BBQ Sauce/Catsup 1pk/2pk	 Hot Dog 2 oz Chili 1 oz French Fries ½ c Lett/Tom ¼ c Fruit Choice: ½ c Apple Wedges Fruited Jello w/Fruit Cocktail Milk Choice ½ pt Catsup/Mustard 2/1	Chicken Patty on Bun 2 oz Tator Tots ¾ c Lett/Tom/Pickles ¼ c Fruit Choice: ½ c Strawberries & Pineapple Banana Milk Choice ½ pt Catsup/Mayo/Mustard 2/1/1	* Stuffed Crust Pizza 1 sl Tator Tots or ½ c Corn on the Cob Green Peas ½ c Fruit Choice: ½ c Frozen Juice Bar Kiwi & Grapes Catsup 2pk Milk Choice ½ pt
S A L A D	Mixed Salad Greens _____ 2 ½ e Diced Tomatoes _____ ¼ e Sl. Pickles _____ ¼ e Shrd. Cheese _____ 1 oz Ham Strips _____ 1 oz Crackers _____ 1 oz FF Dressing, Assrt. _____ 1 pk Croutons _____ 1 pk Milk Choice _____ ½ pt	Shrd. Lettuce 2 ½ c Sliced Tomatoes 1/3 c Sl. Pickles ¼ c Shrd. Cheese 1 oz Turkey Breast Strips 1 oz Crackers 1 oz FF Dressing, Assrt. 1 pk Croutons 1 pk Milk ½ pt	Mixed Salad Greens 2 ½ c Diced Tomatoes ¼ c Pickle Spears ¼ c Shrd Cheese 1 oz Diced Ham 1 oz Crackers 1oz FF Dressing, Assrt. 1pk Croutons 1pk Milk ½ pt	Shrd. Lettuce 2 ½ c Tomato Wedges ¼ c Sl. Pickles ¼ c Shrd. Cheese 1 oz Turkey Breast Strips 1 oz Crackers 1 oz FF Dressing, Assrt. 1 pk Croutons 1 pk Milk ½ pt	Mixed Salad Greens 2 ½ c Diced Tomatoes ¼ c Pickle Spears ¼ c Shrd Cheese 1 oz Tuna Salad 2 oz Crackers 1oz FF Dressing, Assrt. 1pk Croutons 1pk Milk ½ pt

Note: Breakfast Bun is WW Breakfast Bun on bid. Brand: Simply Blues, 60 ind./cs. Place in warmer.
 BBQ Beef on Bun, use beef stew and hamburger bun.

***PreK – 4 Menu**

2008 –2009 MENU
Grades 4 – 12
August – December, 2008

	11/17/08	11	11/18/08	12	11/19/08	13	11/20/08	14	11/21/08	15
B R E A K F A S T	Pancakes Choice	1 oz	Sausage Patty	1 oz	Breakfast Pizza	1 ea	Assorted Muffin Choice	1	Breakfast Breaks	
	Reg. or blueberry		Biscuit	1	Juice Choice	½ c	Juice Choice	½ c	Milk	
	Juice Choice	½ c	Jelly	1 pk	Milk Choice	½ pt	Milk Choice	½ pt		
	Milk Choice	½ pt	Juice Choice	½ c						
	Syrup	1 pk	Milk Choice	½ pt						
L U N C H	Red Beans	¾ c	* Sausage Jambalaya	2 oz	* THANKSGIVING MENU		* Chicken Cacciatore	2 oz	* Tuna Salad	3 oz
	w/Rice	½ c	Broccoli Au Gratin	½ c	Roasted Turkey	2 oz	Steamed Pasta	½ c	Macaroni n Cheese	½ c
	Smk Sausage Link	1 ea	Marinated Cucumbers	¼ c	Cornbread Dressing/	¼ ea	Steamed Corn	½ c	Or Fries	
	Turnip Greens	½ c	& Tomatoes		Or Rice Dressing or	½ of one	Lett/Tom/Pick	¼ c	Green Beans	½ c
	Fruit Choice:	½ c	Fruit Choice:	½ c	Seasoned Green Beans	¼ c	Garlic Bread	2 oz	Fruit Choice:	½ c
	Fresh Melon Cup		Fresh Grapes		Let/Tom/Cucumber	¼ c	Fruit Choice:	½ c	Juice Bar	
	Fruit Cocktail		Cloverdale Pineapple Cup		Fresh Fruit Salad	¼ c	Banana		Pear Halves	
	Cornbread	2 oz	Dinner Roll	2 oz	Yel.Cake w/Choc Icing	2 oz	Cloverdale Straw.		Dinner Roll	2 oz
	Milk Choice	½ pt	Milk Choice	½ pt	Cloverleaf Roll	2 oz	Applesauce		Milk Choice	½ pt
					Milk Choice	½ pt	Parmesan Cheese	1 pk		
							Milk Choice	½ pt		
L U N C H	* Hamburger/Cheese	2oz	Pepperoni Hot Pocket	1 ea	Rib B ue on Bun	2oz	BBQ Sausage Po-boy	2 oz	Pizza	1 sl
	Tator Tots	½ c	Broccoli au gratin	½ c	Let/Tom	½ c	Tator Tots	½ c	Macaroni n Cheese	
	Let/Tom/Pick	¼ c	Marinated Cucumbers & Tomatoes	¼ c	Green Peas	¼ c	Steamed Corn	½ c	Or French Fries	½ c
	Fruit Choice:	½ c	Fruit Choice:	½ c	Fruit Choice:	½ c	Let/Tom/Pick	¼ c	Green Beans	½ c
	Fresh Melon Cup		Fresh Grapes		Orange Wedges		Fruit Choice:	½ c	Fruit Choice:	½ c
	Fruit Cocktail		Cloverdale Pineapple Cup		Fruited Jello w/Pear Halves		Banana		Juice Bar	
	Catsup	2pk	Milk Choice	½ pt	Milk Choice	½ pt	Cloverdale Straw.		Fresh Fruit Salad	
	Mayo/Mustard	1 ea					Applesauce		Catsup	2 pk
	Milk Choice	½ pt					Milk Choice	½ pt	Milk Choice	½ pt
S A L A D	Mixed Salad Greens	2 ½ c	Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ c	Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ c
	Diced Tomatoes	¼ c	Sliced Tomatoes	1/3 c	Diced Tomatoes	¼ c	Tomato Wedges	¼ c	Diced Tomatoes	¼ c
	Sl. Pickles	¼ c	Sl. Pickles	¼ c	Pickle Spears	¼ c	Sl. Pickles	¼ c	Pickle Spears	¼ c
	Shrd. Cheese	1 oz	Shrd. Cheese	1 oz	Shrd Cheese	1 oz	Shrd. Cheese	1 oz	Shrd Cheese	1 oz
	Ham Strips	1 oz	Turkey Breast Strips	1 oz	Diced Ham	1 oz	Turkey Breast Strips	1 oz	Tuna Salad	2 oz
	Crackers	1 oz	Crackers	1 oz	Crackers	1oz	Crackers	1 oz	Crackers	1oz
	FF Dressing, Assrt.	1 pk	FF Dressing, Assrt.	1 pk	Crackers	1pk	FF Dressing, Assrt.	1 pk	FF Dressing, Assrt.	1pk
	Croutons	1 pk	Croutons	1 pk	Croutons	1pk	Croutons	1 pk	Croutons	1pk
	Milk Choice	½ pt	Milk	½ pt	Milk	½ pt	Milk	½ pt	Milk	½ pt
										

*PreK – 4 Menu

2008 –2009 MENU
 Grades 4 – 12
 August – December, 2008

	* * * * *	* * * * *	THANKSGIVING	HOLIDAYS	* * * * *
	11/24/08	11/25/08	11/26/08	11/27/08	11/28/08
	1	2	3	4	5
B R E A K F A S T	Pancake on a Stick — 1ea Fresh Fruit — ¼ e Juice Choice — ½ e Milk Choice — ½ pt Syrup — 1 pk	Sl. Turkey Ham — ½ oz Hot Cheesy Grits — ½ e Biscuit — 1 Juice Choice — ½ e Milk Choice — ½ pt Jelly — 1 pk	Cinnamon Roll — 3oz Juice Choice — ½ e Milk Choice — ½ pt	Cereal — 2 Banana — 1 Juice Choice — ½ e Milk Choice — ½ pt	French Toast Sticks — 5 Juice Choice — ½ e Milk Choice — ½ pt Syrup — 1 pk
L U N C H	‡ Ham Patty — 2 oz White Beans — ¾ oz Steamed Rice — ½ e Turnip Greens — ¼ e Fruit Choice: — ½ e — Fresh Fruit Salad — Frozen Juice Bar Cornbread — 2 oz Milk Choice — ½ pt	‡ Fried Wings — 2 oz Candied Yams — ½ e — or Tator Tots Fruit Choice: — ½ e — Cantaloupe Cubes — Fruit Jello w/pineapple Dinner Roll — 2 oz Milk Choice — ½ pt	Meatloaf w/brn. gravy — 2 oz Mashed Potatoes — ½ e — or Tator Tots — ½ e Mixed Veges — ¼ e Fruit Choice: — ½ e — Fruit Cocktail — Red & Green Grapes — ½ Dinner Roll — 2 oz Milk Choice — ½ pt Catsup — 2 pk	‡ Beef n Mac — 2 oz Steamed Mex. Corn — ½ e — Or Tator Tots Let/Tom/Pick — ¼ e Fruit Choice: — ½ e — Pear Halves — Fresh Strawberries Italian Bread — 2 oz Milk Choice — ½ pt Parmesean Cheese — 1 pk	‡ Baked Chicken — 2 oz Rice Dressing — ½ e — Tator Tots Let/Tom/Pickles — ½ e Fruit Choice: — ½ e — Frozen Juice Bar — ½ e — Watermelon Cubes — ¼ e Dinner Roll — 2 oz Milk Choice — ½ pt
L U N C H	Hamburger/Cheese — 2oz Tator Tots — ¾ e Let/Tom/Pick — ¼ e Fruit Choice: — ½ e — Fresh Fruit Salad — Frozen Juice Bar Milk Choice — ½ pt Mayo/Mustard — 1 pk Catsup — 2 pk	Nachos — 2 oz Chilli/Cheese — 2 oz Tator Tots — ½ e Fruit Choice: — ½ e — Cantaloupe Cubes — Fruit Jello w/pineapple Dinner Roll — 2 oz Milk Choice — ½ pt Jalopeno Peppers — 1 pk	‡ Hot Ham & Cheese — Poboy — 2 oz Tator Tots — ½ e Let/Tom/Pick — ¼ e Fruit Choice: — ½ e — Fruit Cocktail — Red & Green Grapes — ½ e Milk Choice — ½ pt	Hot Dog — 2 oz Chili — 1oz Tator Tots — ½ oz Let/Tom/Pick — ¼ e Fruit Choice: — ½ e — Pear Halves — Fresh Strawberries Milk Choice — ½ pt Catsup — 2 pk	Shrimp Poppers — 2 oz Tator Tots — ½ e Let/Tom/Pick. — ½ e Fruit Choice: — ½ e — Frozen Juice Bar — Watermelon Cubes Dinner Roll — 2 oz Milk Choice — ½ pt Catsup — 2 pk
S A L A D	Mixed Salad Greens — 2 ½ e Diced Tomatoes — ¼ e Sl. Pickles — ¼ e Shrd. Cheese — 1 oz Ham Strips — 1 oz Crackers — 1 oz FF Dressing, Assrt. — 1 pk Croutons — 1 pk Milk Choice — ½ pt	Shrd. Lettuce — 2 ½ e Sliced Tomatoes — 1/3 e Sl. Pickles — ¼ e Shrd. Cheese — 1 oz Turkey Breast Strips — 1 oz Crackers — 1 oz FF Dressing, Assrt. — 1 pk Croutons — 1 pk Milk — ½ pt	Mixed Salad Greens — 2 ½ e Diced Tomatoes — ¼ e Pickle Spears — ¼ e Shrd Cheese — 1 oz Diced Ham — 1 oz Crackers — 1oz FF Dressing, Assrt. — 1pk Croutons — 1pk Milk — ½ pt	Shrd. Lettuce — 2 ½ e Tomato Wedges — ¼ e Sl. Pickles — ¼ e Shrd. Cheese — 1 oz Turkey Breast Strips — 1 oz Crackers — 1 oz FF Dressing, Assrt. — 1 pk Croutons — 1 pk Milk — ½ pt	Mixed Salad Greens — 2 ½ e Diced Tomatoes — ¼ e Pickle Spears — ¼ e Shrd Cheese — 1 oz Tuna Salad — 2 oz Crackers — 1oz FF Dressing, Assrt. — 1pk Croutons — 1pk Milk — ½ pt

***PreK – 4 Menu**



2008 –2009 MENU
Grades 4 – 12
August – December, 2008

	12/01/08	6	12/02/08	7	12/03/08	8	12/04/08	9	12/05/08	10
B R E A K F A S T	Pop Tarts	2 ea	Scrambled Eggs	1 oz	Grilled Cheese S/W	1 oz/2oz	Breakfast Bun	2.6 oz	Breakfast Breaks	1
	Juice Choice	½ c	Hot Grits	½ c	Orange Wedges	½ c	Juice Choice	½ c	Milk Choice	½ pt
	Milk Choice	½	Toast	1 sl	Juice Choice	½ c	Milk Choice	½ pt		
				Juice Choice	Milk Choice	½ pt				
			Milk Choice	½ pt						
			Jelly	1 pk						
L U N C H T R	*		Sausage Jambalaya	2 oz	*	Stewed Chicken	2 oz	*	Lasagna	2 oz
	Beef Stew	2 oz	Steamed Corn	½ c		w/gravy			Steamed Corn	½ c
	Steamed Rice	½ c	Or Tator Tots	½ c		Steamed Rice	½ c		Fruit Choice:	½ c
	Mixed Vegetables	½ c	Garden Salad	¼ c		Steamed Cabbage	½ c		Strawberries & Pineapple	
	Pineapple Chunks	½ c	Fruit Choice:	½ c		Fruit Choice:	½ c		Banana	
	Sugar Cookie	1 ea	Sliced Peaches			Apple Wedges			Garlic Bread	2 oz
	Dinner Roll	2 oz	Frozen Juice Bar			Fruited Jello w/Fruit			Parmesan Cheese	1 pk
	Milk Choice	½ pt	Dinner Roll	2 oz		Cocktail			Milk Choice	½ pt
			Milk Choice	½ pt		Dinner Roll	2 oz			
						Milk Choice	½ pt			
L U N C H F F			*	Chicken Nuggets	2 oz	Hot Dog	2 oz		Chicken Patty on Bun	2 oz
	BBQ Beef on Bun	2 oz		Tator Tots	½ c	Chili	1 oz		Tator Tots	¾ c
	Tator Tots	½ c		Or Steamed Corn		French Fries	½ c		Lett/Tom/Pickles	¼ c
	Lett/Tom/Pick	¼ c		Garden Salad	¼ c	Lett/Tom	¼ c		Fruit Choice:	½ c
	Sugar Cookie	1 ea		Fruit Choice:	½ c	Fruit Choice:	½ c		Strawberries & Pineapple	
	Pineapple Chunks	¼ c		Sliced Peaches		Apple Wedges			Banana	
	Milk Choice	½ pt		Frozen Juice Bar		Fruited Jello w/Fruit			Milk Choice	½ pt
				Dinner Roll	2 oz	Cocktail			Catsup/Mayo/Mustard	2/1/1
				Milk Choice	½ pt	Milk Choice	½ pt			
				BBQ Sauce/Catsup	1pk/2pk	Catsup/Mustard	2/1			
S A L A D				Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ c		Shrd. Lettuce	2 ½ c
	Mixed Salad Greens	2 ½ c		Sliced Tomatoes	1/3 c	Diced Tomatoes	¼ c		Tomato Wedges	¼ c
	Diced Tomatoes	¼ c		Sl. Pickles	¼ c	Pickle Spears	¼ c		Sl. Pickles	¼ c
	Sl. Pickles	¼ c		Shrd. Cheese	1 oz	Shrd Cheese	1 oz		Shrd. Cheese	1 oz
	Shrd. Cheese	1 oz		Turkey Breast Strips	1 oz	Diced Ham	1 oz		Turkey Breast Strips	1 oz
	Ham Strips	1 oz		Crackers	1 oz	Crackers	1oz		Crackers	1 oz
	Crackers	1 oz		FF Dressing, Assrt.	1 pk	Crackers	1oz		FF Dressing, Assrt.	1 pk
	FF Dressing, Assrt.	1 pk		Croutons	1 pk	FF Dressing, Assrt.	1pk		Croutons	1 pk
	Croutons	1 pk		Milk	½ pt	Croutons	1pk		Milk	½ pt
	Milk Choice	½ pt				Milk	½ pt			
									Mixed Salad Greens	2 ½ c
									Diced Tomatoes	¼ c
									Pickle Spears	¼ c
									Shrd Cheese	1 oz
									Tuna Salad	2 oz
									Crackers	1oz
									FF Dressing, Assrt.	1pk
									Croutons	1pk
									Milk	½ pt

**Note: Breakfast Bun is WW Breakfast Bun on bid. Brand: Simply Blues, 60 ind./cs. Place in warmer.
 BBQ Beef on Bun, use beef stew and hamburger bun.**

***PreK – 4 Menu**

2008 –2009 MENU
Grades 4 – 12
August – December, 2008

	12/08/08	11	12/09/08	12	12/10/08	13	12/11/08	14	12/12/08	15
B R E A K F A S T	Pancakes Choice	1 oz	Sausage Patty	1 oz	Breakfast Pizza	1 ea	Assorted Muffin Choice	1	Breakfast Breaks	
	Reg. or blueberry		Biscuit	1	Juice Choice	½ c	Juice Choice	½ c	Milk	
	Juice Choice	½ c	Jelly	1 pk	Milk Choice	½ pt	Milk Choice	½ pt		
	Milk Choice	½ pt	Juice Choice	½ c						
	Syrup	1 pk	Milk Choice	½ pt						
L U N C H T R	Red Beans	¾ c	*	Sausage Jambalaya	2 oz	*	Chick. & Sausage	2oz.	Tuna Salad	3 oz
	w/Rice	½ c	Broccoli Au Gratin	½ c	Sl. Turkey	2 oz	Gumbo		Macaroni n Cheese	½ c
	Smk Sausage Link	1 ea	Marinated Cucumbers	¼ c	Rice Dressing	½ c	Steamed Rice	½ c	Or Fries	
	Turnip Greens	½ c	& Tomatoes		Green Peas	½ c	Potato Salad	¼ c	Green Beans	½ c
	Fruit Choice:	½ c	Fruit Choice:	½ c	Let/Tom	¼ c	Fruit Choice:	½	Fruit Choice:	½ c
	Fresh Melon Cup		Fresh Grapes		Fruit Choice:	½ c	Banana		Juice Bar	
	Fruit Cocktail		Cloverdale Pineapple Cup		Orange Wedges		Cloverdale Straw. Milk		Pear Halves	
	Cornbread	2 oz	Dinner Roll	2 oz	Fruited Jello w/Pear Halves		Choice	½ pt	Dinner Roll	2 oz
	Milk Choice	½ pt	Milk Choice	½ pt	Dinner Roll	2 oz	Crackers	4pk	Milk Choice	½ pt
					Milk Choice	½ pt				
L U N C H F F	*		Pepperoni Hot Pocket	1 ea	Rib b que on Bun	2oz	BBQ Sausage Po-boy	2 oz	Pizza	1 sl
	Hamburger/Cheese	2oz	Broccoli au gratin	½ c	Let/Tom	½ c	Tator Tots	½ c	Macaroni n Cheese	
	Tator Tots	½ c	Marinated Cucumbers & Tomatoes	¼ c	Green Peas	¼ c	Steamed Corn	½ c	Or French Fries	½ c
	Let/Tom/Pick	¼ c	Fruit Choice:	½ c	Fruit Choice:	½ c	Let/Tom/Pick	¼ c	Green Beans	½ c
	Fruit Choice:	½ c	Fresh Grapes		Orange Wedges		Fruit Choice:	½ c	Fruit Choice:	½ c
	Fresh Melon Cup		Cloverdale Pineapple Cup		Fruited Jello w/Pear Halves		Banana		Juice Bar	
	Fruit Cocktail		Milk Choice	½ pt	Milk Choice	½ pt	Cloverdale Straw.		Fresh Fruit Salad	
	Catsup	2pk					Applesauce		Catsup	2 pk
	Mayo/Mustard	1 ea					Milk Choice	½ pt	Milk Choice	½ pt
	Milk Choice	½ pt								
S A L A D	Mixed Salad Greens	2 ½ c	Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ c	Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ c
	Diced Tomatoes	¼ c	Sliced Tomatoes	1/3 c	Diced Tomatoes	¼ c	Tomato Wedges	¼ c	Diced Tomatoes	¼ c
	Sl. Pickles	¼ c	Sl. Pickles	¼ c	Pickle Spears	¼ c	Sl. Pickles	¼ c	Pickle Spears	¼ c
	Shrd. Cheese	1 oz	Shrd. Cheese	1 oz	Shrd Cheese	1 oz	Shrd. Cheese	1 oz	Shrd Cheese	1 oz
	Ham Strips	1 oz	Turkey Breast Strips	1 oz	Diced Ham	1 oz	Turkey Breast Strips	1 oz	Tuna Salad	2 oz
	Crackers	1 oz	Crackers	1 oz	Crackers	1oz	Crackers	1 oz	Crackers	1oz
	FF Dressing, Assrt.	1 pk	FF Dressing, Assrt.	1 pk	Crackers	1oz	FF Dressing, Assrt.	1 pk	Crackers	1oz
	Croutons	1 pk	Croutons	1 pk	FF Dressing, Assrt.	1pk	Croutons	1 pk	FF Dressing, Assrt.	1pk
	FF Dressing, Assrt.	1 pk	Milk	½ pt	Croutons	1pk	Milk	½ pt	Croutons	1pk
	Croutons	1 pk			Milk	½ pt			Croutons	1pk
	Milk Choice	½ pt							Milk	½ pt

*PreK – 4 Menu







2008 –2009 MENU
 Grades 4 – 12
 August – December, 2008



	12/15/08	1	12/16/08	2	Dec. 17 – 19: Exams (1/2)	12/17/08	3	day students)	12/18/08	4	12/19/08	5
B R E A K F A S T	Pancake on a Stick	1ea	Sl. Turkey Ham	½ oz	Cinnamon Roll	3oz	Cereal	2	French Toast Sticks	5		
	Fresh Fruit	¼ c	Hot Cheesy Grits	½ c	Juice Choice	½ c	Banana	1	Juice Choice	½ c		
	Juice Choice	½ c	Biscuit	1	Milk Choice	½ pt	Juice Choice	½ c	Milk Choice	½ pt		
	Milk Choice	½ pt	Juice Choice	½ c			Milk Choice	½ pt	Syrup	1 pk		
	Syrup	1 pk	Milk Choice	½ pt								
			Jelly	1 pk								
L U N C H	*		*CHRISTMAS MENU		*						*	
	Ham Patty	2 oz	Roasted Turkey	2 oz	Meatloaf w/brn. gravy	2 oz	Beef n Mac	2 oz	Baked Chicken	2 oz		
	White Beans	¾ oz	Cornbread Dressing/	¼ ea	Mashed Potatoes	½ e	Steamed Mex. Corn	½ e	Rice Dressing	½ e		
	Steamed Rice	½ c	Or Rice Dressing or	½ of one	—or Tator Tots	½ e	—Or Tator Tots		—Tator Tots			
	Turnip Greens	¼ c	Steamed Peas	½ c	Mixed Veges	¼ e	Let/Tom/Pick	¼ e	Let/Tom/Pickles	½ e		
	Fruit Choice:	½ c	Let/Tom/Fresh Brocc	¼ c	Fruit Choice:	½ e	Fruit Choice:	½ e	Fruit Choice:	½ e		
	Fresh Fruit Salad		Florets		—Fruit Cocktail		—Pear Halves		—Frozen Juice Bar	½ e		
	Frozen Juice Bar		Fresh Fruit Salad	¼ c	—Red & Green Grapes	½	—Fresh Strawberries		—Watermelon Cubes	¼ e		
	Cornbread	2 oz	Sweet Potato Pie	2 oz	Dinner Roll	2 oz	Italian Bread	2 oz	Dinner Roll	2 oz		
	Milk Choice	½ pt	Cloverleaf Roll	2 oz	Milk Choice	½ pt	Milk Choice	½ pt	Milk Choice	½ pt		
			Milk Choice	½ pt	Catsup	2 pk	Parmesean Cheese	1 pk				
L U N C H	Hamburger/Cheese	2oz	Nachos	2 oz	*	Hot Ham & Cheese		Hot Dog	2 oz		<u>BAG LUNCH</u>	
	Tator Tots	¾ c	Chilli/Cheese	2 oz		Poboy	2 oz	Chili	1oz	Sandwich of Choice	2 oz	
	Let/Tom/Pick	¼ c	Tator Tots	½ e		Tator Tots	½ c	Tator Tots	½ oz	Pickles	¼ c	
	Fruit Choice:	½ c	Fruit Choice:	½ e		Let/Tom/Pick	¼ c	Let/Tom/Pick	¼ c	Fruit	½ c	
	Fresh Fruit Salad		—Cantaloupe Cubes			Fruit Choice:	½ c	Fruit Choice:	½ c	Milk Choice	½ pt	
	Frozen Juice Bar		—Fruit Jello w/pineapple			Fruit Cocktail		Pear Halves		Chips		
	Milk Choice	½ pt	Dinner Roll	2 oz		Red & Green Grapes	½ c	Fresh Strawberries				
	Mayo/Mustard	1 pk	Milk Choice	½ pt		Milk Choice	½ pt	Milk Choice	½ pt			
	Catsup	2 pk	Jalopeno Peppers	1 pk				Catsup	2 pk			
S A L A D	Mixed Salad Greens	2 ½ c	Shrd. Lettuce	2 ½ c		Mixed Salad Greens	2 ½ c	Shrd. Lettuce	2 ½ c	Mixed Salad Greens	2 ½ c	
	Diced Tomatoes	¼ c	Sliced Tomatoes	1/3 c		Diced Tomatoes	¼ c	Tomato Wedges	¼ c	Diced Tomatoes	¼ c	
	Sl. Pickles	¼ c	Sl. Pickles	¼ c		Pickle Spears	¼ c	Sl. Pickles	¼ c	Pickle Spears	¼ c	
	Shrd. Cheese	1 oz	Shrd. Cheese	1 oz		Shrd Cheese	1 oz	Shrd. Cheese	1 oz	Shrd Cheese	1 oz	
	Ham Strips	1 oz	Turkey Breast Strips	1 oz		Diced Ham	1 oz	Turkey Breast Strips	1 oz	Tuna Salad	2 oz	
	Crackers	1 oz	Crackers	1 oz		Crackers	1oz	Crackers	1 oz	Crackers	1oz	
	FF Dressing, Assrt.	1 pk	FF Dressing, Assrt.	1 pk		Croutons	1 pk	FF Dressing, Assrt.	1 pk	FF Dressing, Assrt.	1pk	
	Croutons	1 pk	Croutons	1 pk		FF Dressing, Assrt.	1pk	Croutons	1 pk	Croutons	1pk	
	Milk Choice	½ pt	Milk	½ pt		Milk	½ pt	Milk	½ pt	Milk	½ pt	



2008 –2009 MENU
 Grades 4 – 12
 August – December, 2008







	 12/22/08 6	 12/23/08 7	CHRISTMAS HOLIDAYS 12/24/08 8	 12/25/08 9	 12/26/08 10
B R E A K F A S T	Pop Tarts _____ 2 ea Juice Choice _____ ½ e Milk Choice _____ ½ 	Scrambled Eggs _____ 1 oz Hot Grits _____ ½ e Toast _____ 1 sl Juice Choice _____ ½ e Milk Choice _____ ½ pt Jelly _____ 1 pk	Grilled Cheese S/W _____ 1 oz/2oz Orange Wedges _____ ½ e Juice Choice _____ ½ e Milk Choice _____ ½ pt	Breakfast Bun _____ 2.6 oz Juice Choice _____ ½ e Milk Choice _____ ½ pt	Breakfast Breaks _____ 1 Milk Choice _____ ½ pt 
L U N C H T R	‡ Beef Stew _____ 2 oz Steamed Rice _____ ½ e Mixed Vegetables _____ ½ e Pineapple Chunks _____ ½ e Sugar Cookie _____ 1 ea Dinner Roll _____ 2 oz Milk Choice _____ ½ pt	‡ Sausage Jambalaya _____ 2 oz Steamed Corn _____ ½ e — Or Tator Tots _____ ½ e Garden Salad _____ ¼ e Fruit Choice: _____ ½ e — Sliced Peaches — Frozen Juice Bar Dinner Roll _____ 2 oz Milk Choice _____ ½ pt	‡ Stewed Chicken _____ 2 oz — w/gravy Steamed Rice _____ ½ e Steamed Cabbage _____ ½ e Fruit Choice: _____ ½ e — Apple Wedges — Fruited Jello w/Fruit Cocktail Dinner Roll _____ 2 oz Milk Choice _____ ½ pt	‡ Lasagna _____ 2 oz Steamed Corn _____ ½ e Fruit Choice: _____ ½ e — Strawberries & Pineapple — Banana Garlic Bread _____ 2 oz Parmesan Cheese _____ 1 pk Milk Choice _____ ½ pt	‡ Fish Patty _____ 2 oz Tator Tots or _____ ½ e — Or Corn on the Cob Green Peas _____ ½ e Fruit Choice: _____ ½ e — Frozen Juice Bar — Kiwi & Grapes Dinner Roll _____ 2 oz Tarter Sauce/Catsup _____ 1pk/2pk Milk Choice _____ ½ pt
L U N C H F F	BBQ Beef on Bun _____ 2 oz Tator Tots _____ ½ e Lett/Tom/Pick _____ ¼ e Sugar Cookie _____ 1 ea Pineapple Chunks _____ ¼ e Milk Choice _____ ½ pt	‡ Chicken Nuggets _____ 2 oz Tator Tots _____ ½ e — Or Steamed Corn Garden Salad _____ ¼ e Fruit Choice: _____ ½ e — Sliced Peaches — Frozen Juice Bar Dinner Roll _____ 2 oz Milk Choice _____ ½ pt BBQ Sauce/Catsup _____ 1pk/2pk	Hot Dog _____ 2 oz Chili _____ 1 oz French Fries _____ ½ e Lett/Tom _____ ¼ e Fruit Choice: _____ ½ e — Apple Wedges — Fruited Jello w/Fruit Cocktail Milk Choice _____ ½ pt Catsup/Mustard _____ 2/1	Chicken Patty on Bun _____ 2 oz Tator Tots _____ ¾ e Lett/Tom/Pickles _____ ¼ e Fruit Choice: _____ ½ e — Strawberries & Pineapple — Banana Milk Choice _____ ½ pt Catsup/Mayo/Mustard _____ 2/1/1	‡ Stuffed Crust Pizza _____ 1 sl Tator Tots or _____ ½ e Corn on the Cob Green Peas _____ ½ e Fruit Choice: _____ ½ e — Frozen Juice Bar — Kiwi & Grapes Catsup _____ 2pk Milk Choice _____ ½ pt
S A L A D	Mixed Salad Greens _____ 2 ½ e Diced Tomatoes _____ ¼ e Sl. Pickles _____ ¼ e Shrd. Cheese _____ 1 oz Ham Strips _____ 1 oz Crackers _____ 1 oz FF Dressing, Assrt. _____ 1 pk Croutons _____ 1 pk Milk Choice _____ ½ pt	Shrd. Lettuce _____ 2 ½ e Sliced Tomatoes _____ 1/3 e Sl. Pickles _____ ¼ e Shrd. Cheese _____ 1 oz Turkey Breast Strips _____ 1 oz Crackers _____ 1 oz FF Dressing, Assrt. _____ 1 pk Croutons _____ 1 pk Milk _____ ½ pt	Mixed Salad Greens _____ 2 ½ e Diced Tomatoes _____ ¼ e Pickle Spears _____ ¼ e Shrd Cheese _____ 1 oz Diced Ham _____ 1 oz Crackers _____ 1oz FF Dressing, Assrt. _____ 1pk Croutons _____ 1pk Milk _____ ½ pt	Shrd. Lettuce _____ 2 ½ e Tomato Wedges _____ ¼ e Sl. Pickles _____ ¼ e Shrd. Cheese _____ 1 oz Turkey Breast Strips _____ 1 oz Crackers _____ 1 oz FF Dressing, Assrt. _____ 1 pk Croutons _____ 1 pk Milk _____ ½ pt	Mixed Salad Greens _____ 2 ½ e Diced Tomatoes _____ ¼ e Pickle Spears _____ ¼ e Shrd Cheese _____ 1 oz Tuna Salad _____ 2 oz Crackers _____ 1oz FF Dressing, Assrt. _____ 1pk Croutons _____ 1pk Milk _____ ½ pt

Note: Breakfast Bun is WW Breakfast Bun on bid. Brand: Simply Blues, 60 ind./cs. Place in warmer.

BBQ Beef on Bun, use beef stew and hamburger bun.

*PreK – 4 Menu

2008 –2009 MENU
 Grades 4 – 12
 August – December, 2008

	 12/29/08 11	 12/30/08 12	CHRISTMAS HOLIDAYS 12/31/08 13	 01/01/09 14	 01/02/09 15
B R E A K F A S T	Pancakes Choice — 1 oz — Reg. or blueberry Juice Choice — ½ e Milk Choice — ½ pt Syrup — 1 pk	Sausage Patty — 1 oz Biscuit — 1 Jelly — 1 pk Juice Choice — ½ e Milk Choice — ½ pt	Breakfast Pizza — 1 ea Juice Choice — ½ e Milk Choice — ½ pt 	Assorted Muffin Choice — 1 Juice Choice — ½ e Milk Choice — ½ pt	Breakfast Breaks Milk
L U N C H T R	Red Beans — ¾ e — w/Rice — ½ e Smk Sausage Link — 1 ea Turnip Greens — ½ e Fruit Choice: — ½ e — Fresh Melon Cup — Fruit Cocktail Cornbread — 2 oz Milk Choice — ½ pt	⌘ Sausage Jambalaya — 2 oz Broccoli Au Gratin — ½ e Marinated Cucumbers & Tomatoes — ¼ e Fruit Choice: — ½ e — Fresh Grapes — Cloverdale Pineapple Cup Dinner Roll — 2 oz Milk Choice — ½ pt	⌘ Sl. Turkey — 2 oz Rice Dressing — ½ e Green Peas — ½ e Let/Tom — ¼ e Fruit Choice: — ½ e — Orange Wedges — Fruited Jello w/Pear Halves Dinner Roll — 2 oz Milk Choice — ½ pt	⌘ Chicken Cacciatore — 2 oz Steamed Pasta — ½ e Steamed Corn — ½ e Lett/Tom/Pick — ¼ e Garlic Bread — 2 oz Fruit Choice: — ½ e — Banana — Cloverdale Straw. Applesauce Parmesan Cheese — 1 pk Milk Choice — ½ pt	⌘ Tuna Salad — 3 oz Macaroni n Cheese — ½ e — Or Fries Green Beans — ½ e Fruit Choice: — ½ e — Juice Bar — Pear Halves Dinner Roll — 2 oz Milk Choice — ½ pt
L U N C H F F	⌘ Hamburger/Cheese — 2oz Tator Tots — ½ e Let/Tom/Pick — ¼ e Fruit Choice: — ½ e — Fresh Melon Cup — Fruit Cocktail Catsup — 2pk Mayo/Mustard — 1 ea Milk Choice — ½ pt	Pepperoni Hot Pocket — 1 ea Broccoli au gratin — ½ e Marinated Cucumbers & Tomatoes — ¼ e Fruit Choice: — ½ e — Fresh Grapes — Cloverdale Pineapple Cup Milk Choice — ½ pt	Rib b que on Bun — 2oz Let/Tom — ½ e Green Peas — ¼ e Fruit Choice: — ½ e — Orange Wedges — Fruited Jello w/Pear Halves Milk Choice — ½ pt	BBQ Sausage Po-boy — 2 oz Tator Tots — ½ e Steamed Corn — ½ e Let/Tom/Pick — ¼ e Fruit Choice: — ½ e — Banana — Cloverdale Straw. Applesauce Milk Choice — ½ pt	Pizza — 1 sl Macaroni n Cheese — Or French Fries — ½ e Green Beans — ½ e Fruit Choice: — ½ e — Juice Bar — Fresh Fruit Salad Catsup — 2 pk Milk Choice — ½ pt
S A L A D	Mixed Salad Greens — 2 ½ e Diced Tomatoes — ¼ e Sl. Pickles — ¼ e Shrd. Cheese — 1 oz Ham Strips — 1 oz Crackers — 1 oz FF Dressing, Assrt. — 1 pk Croutons — 1 pk Milk Choice — ½ pt	Shrd. Lettuce — 2 ½ e Sliced Tomatoes — 1/3 e Sl. Pickles — ¼ e Shrd. Cheese — 1 oz Turkey Breast Strips — 1 oz Crackers — 1 oz FF Dressing, Assrt. — 1 pk Croutons — 1 pk Milk — ½ pt 	Mixed Salad Greens — 2 ½ e Diced Tomatoes — ¼ e Pickle Spears — ¼ e Shrd Cheese — 1 oz Diced Ham — 1 oz Crackers — 1oz FF Dressing, Assrt. — 1pk Croutons — 1pk Milk — ½ pt	Shrd. Lettuce — 2 ½ e Tomato Wedges — ¼ e Sl. Pickles — ¼ e Shrd. Cheese — 1 oz Turkey Breast Strips — 1 oz Crackers — 1 oz FF Dressing, Assrt. — 1 pk Croutons — 1 pk Milk — ½ pt	Mixed Salad Greens — 2 ½ e Diced Tomatoes — ¼ e Pickle Spears — ¼ e Shrd Cheese — 1 oz Tuna Salad — 2 oz Crackers — 1oz FF Dressing, Assrt. — 1pk Croutons — 1pk Milk — ½ pt

