

SHELBY COUNTY SCHOOLS BREAKFAST MENU

Jan-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE OF JUICE OR FRUIT 0 BREAKFAST PIZZA 1 OR CEREAL AND TOAST 0 0 0 *MILK 4	CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 5	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 *MILK 6	CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 *MILK 7	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 *MILK 8
CHOICE OF JUICE OR FRUIT 0 BREAKFAST PIZZA 1 OR CEREAL AND TOAST 0 0 0 *MILK 11	CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 12	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 *MILK 13	CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 *MILK 14	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 *MILK 15
MARTIN LUTHER KING HOLIDAY * 18	CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 19	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 *MILK 20	CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 *MILK 21	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 *MILK 22
CHOICE OF JUICE OR FRUIT 0 BREAKFAST PIZZA 1 OR CEREAL AND TOAST 0 0 0 *MILK 25	CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 26	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 *MILK 27	CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 *MILK 28	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 *MILK 29

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

*CHOICE OF 1%, 2%, OR LOWFAT CHOCOLATE *FLAVORED, OR SKIM MILK

Menu subject to change based on availability

MILK 1 CUP
 JUICE/FRUIT/VEGETABLE 1/2 CUP
 SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS;
 OR TWO FROM ONE COMPONENT; OR AN EQUIVALENT COMBINATION
 GRAINS 1 SERVING

SHELBY COUNTY SCHOOLS LUNCH MENU

Jan-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				*JANUARY 1
CORN DOGS HAMBURGER SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE BAKED BEANS 0 CHILLED FRUIT CUP MILK 4	CHICKEN TENDERS W/ROLL CHILI CHEESE WRAP *CHICKEN FAJITA SALAD 0 OVEN BROWNE POTATOES FRUITED GELATIN CHILLED FRUIT CUP MILK 5	SOUP W/ GRILLED CHEESE SAND. BBQ SANDWICH *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP MILK 6	COUNTRY BEEF PATTY W/ROLL POP CORN CHICKEN *TURKEY GOBBLE SALAD LIMA BEANS WHIPPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP MILK 7	PIZZA DELI SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP MILK 8
CHICKEN NUGGETS W/ROLL EGG ROLL *ENTRÉE SALAD SEASONED GREEN PEAS AUGRATIN POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 11	FISH STRIPS WITH/HUSH PUPPIES GRILLED CHICKEN SANDWICH *CHICKEN FAJITA SALAD SLAW OVEN BROWNE POTATOES LETTUCE, TOMATO, PICKLE FRESH FRUIT CHILLED FRUIT CUP *MILK 12	BAKED CHICKEN W/ROLL CHEESE STICKS/W MARINARA *ENTRÉE SALAD STEAMED BROCCOLI SWEET POTATO CASSEROLE 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 13	NACHO SUPREME TURKEY CORN DOG NUGGETS *TURKEY GOBBLE SALAD WHOLE KERNEL CORN 0 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 14	PIZZA HAMBURGER ON A BUN *ENTRÉE SALAD GARDEN SALAD LETTUCE, TOMATO, PICKLE 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 15
MARTIN LUTHER KING JR. HOLIDAY	CHICKEN SANDWICH STEAK STRIPS WITH HOT ROLL *CHICKEN FAJITA SALAD LETTUCE, TOMATO, PICKLE OVEN BROWNE POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 19	TACOS OR TACO SALAD HOT POCKET *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 20	TERIYAKI CHICKEN W/ RICE FISH FILET SANDWICH *TURKEY GOBBLE SALAD SLAW SEASONED GREEN BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 21	PIZZA DELI SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 22
*JANUARY 18				
TURKEY CORN DOG NUGGETS BBQ SANDWICH *ENTRÉE SALAD ONION RINGS BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 25	GRILLED HAM & CHEESE SAND. CHICKEN FAJITA W/TORTILLA *CHICKEN FAJITA SALAD FAJITA FIXINGS OVEN BROWNE POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 26	SPAGHETTI WITH GARLIC TOAST QUESADILLA WITH SALSA *ENTRÉE SALAD 0 SEASONED GREEN PEAS FRUITED GELATIN FRESH FRUIT CHILLED FRUIT CUP *MILK 27	BURRITO WITH SHREDDED CHEESE CHICKEN NUGGETS W/HOT ROLL *TURKEY GOBBLE SALAD 0 WHOLE KERNEL CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 28	PIZZA ASIAN CHICKEN W/ RICE *ENTRÉE SALAD 0 GARDEN SALAD 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 29

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

***A SALAD BAR OR A VARIETY OF ENTRÉE SALADS WILL BE OFFERED**

USDA MEAL REQUIREMENTS

MEAT / MEAT ALTERNATE
VEGETABLE AND OR FRUIT
BREAD / BREAD ALTERNATE
**MILK *

(*K - 3)

1 1/2 OUNCE, PER DAY
1/2 CUP, PER DAY
8 SERVINGS, PER WEEK
1/2 PINT, PER DAY
**** A VARIETY OF LOWFAT MILK OFFERED**

(4-12)

2 OUNCES, PER DAY
3/4 CUP, PER DAY
8 SERVINGS, PER WEEK
1/2 PINT, PER DAY

*****SANDWICHES MAY BE OFFERED ON A VARIETY OF BREADS**

CUSTOMERS HAVE A CHOICE OF ONE ENTREE, CHOICE OF ANY 2 (1/2 CUP) VEGETABLE/FRUIT CHOICE SERVINGS, A BREAD SERVING, AND MILK AT A UNIT COST. TWO ITEMS MAY BE DECLINED BUT AT THE SAME MEAL COST.

Menu subject to change based on availability