

SHELBY COUNTY SCHOOLS BREAKFAST MENU

Oct-09

| MONDAY | TUESDAY | | THURSDAY | FRIDAY |
|---|---|--|--|---|
| | | | CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 0 *MILK 1 | CHOICE OF JUICE OR FRUIT 0 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 0 *MILK 2 |
| CHOICE OF JUICE OR FRUIT 0 BREAKFAST PIZZA 1 OR CEREAL AND TOAST 0 0 0 *MILK 5 | CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 6 | CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 0 *MILK 7 | CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 0 *MILK 8 | CHOICE OF JUICE OR FRUIT 0 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 0 *MILK 9 |
| FALL BREAK | | CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 0 *MILK 14 | CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 0 *MILK 15 | CHOICE OF JUICE OR FRUIT 0 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 0 *MILK 16 |
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| CHOICE OF JUICE OR FRUIT 0 BREAKFAST PIZZA 1 OR CEREAL AND TOAST 0 0 0 *MILK 19 | CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 20 | CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 0 *MILK 21 | CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 0 *MILK 22 | CHOICE OF JUICE OR FRUIT 0 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 0 *MILK 23 |
| CHOICE OF JUICE OR FRUIT 0 BREAKFAST PIZZA 1 OR CEREAL AND TOAST 0 0 0 *MILK 26 | CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 27 | CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 0 *MILK 28 | CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 0 *MILK 29 | CHOICE OF JUICE OR FRUIT 0 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 0 *MILK 30 |

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
- MEAT/MEAT ALTERNATE 1 OUNCE

SHELBY COUNTY SCHOOLS LUNCH MENU

Oct-09

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| | | | FISH STICKS WITH BREAD STICK TERIYAKI BEEF NUG/BREAD STICK *TURKEY GOBBLE SALAD MACARONI AND CHEESE STEAMED BROCCOLI 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 1 | PIZZA ENTRÉE WRAP *ENTRÉE SALAD SHREDDED LETTUCE SALAD BABY CARROTS W/DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 2 |
| CORN DOGS HAMBURGER SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 5 | CHICKEN TENDERS W/ROLL CHILI CHEESE WRAP *CHICKEN FAJITA SALAD 0 OVEN BROWNEED POTATOES FRUITED GELATIN FRESH FRUIT CHILLED FRUIT CUP *MILK 6 | TACOS OR TACO SALAD BBQ SANDWICH *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 7 | COUNTRY BEEF PATTY W/ROLL POP CORN CHICKEN *TURKEY GOBBLE SALAD BLACKEYED PEAS WHIPPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 8 | PIZZA DELI SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 9 |
| FALL BREAK *OCTOBER 12 | FALL BREAK *OCTOBER 13 | CHICKEN NUGGETS W/ROLL CHEESE STICKS/W MARINARA *ENTRÉE SALAD STEAMED BROCCOLI WHIPPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 14 | NACHO SUPREME TURKEY CORN DOG NUGGETS *TURKEY GOBBLE SALAD WHOLE KERNEL CORN 0 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 15 | PIZZA HAMBURGER ON A BUN *ENTRÉE SALAD GARDEN SALAD LETTUCE, TOMATO, PICKLE 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 16 |
| MEATBALL SUB POPCORN CHICKEN *ENTRÉE SALAD SEASONED GREEN PEAS SCALLOPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 19 | CHICKEN SANDWICH STEAK STRIPS WITH HOT ROLL *CHICKEN FAJITA SALAD LETTUCE, TOMATO, PICKLE OVEN BROWNEED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 20 | TACOS OR TACO SALAD HOT POCKET *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 21 | TERIYAKI CHICKEN W/ RICE FISH FILET SANDWICH *TURKEY GOBBLE SALAD SLAW SEASONED GREEN BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 22 | PIZZA DELI SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 23 |
| TURKEY CORN DOG NUGGETS BBQ SANDWICH *ENTRÉE SALAD ONION RINGS BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 26 | GRILLED HAM & CHEESE SAND. CHICKEN FAJITA W/TORTILLA *CHICKEN FAJITA SALAD FAJITA FIXINGS OVEN BROWNEED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 27 | SPAGHETTI WITH GARLIC TOAST QUESADILLA WITH SALSA *ENTRÉE SALAD 0 SEASONED GREEN PEAS FRUITED GELATIN FRESH FRUIT CHILLED FRUIT CUP *MILK 28 | BURRITO WITH SHREDDED CHEESE CHICKEN NUGGETS W/HOT ROLL *TURKEY GOBBLE SALAD 0 WHOLE KERNEL CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 29 | PIZZA ASIAN CHICKEN W/ RICE *ENTRÉE SALAD 0 GARDEN SALAD 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 30 |

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

USDA MEAL REQUIREMENTS

MEAT / MEAT ALTERNATE 1 1/2 OUNCE, PER DAY
VEGETABLE AND OR FRUIT 1/2 CUP, PER DAY
BREAD / BREAD ALTERNATE 8 SERVINGS, PER WEEK
**MILK * 1/2 PINT, PER DAY

(* K - 3)

(4-12)
2 OUNCES, PER DAY
3/4 CUP, PER DAY
8 SERVINGS, PER WEEK
1/2 PINT, PER DAY

**** A VARIETY OF LOWFAT MILK OFFERED**

*****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