

SHELBY COUNTY SCHOOLS BREAKFAST MENU

Nov-09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE OF JUICE OR FRUIT 0 BREAKFAST PIZZA 1 OR CEREAL AND TOAST 0 0 0 *MILK 2	CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 3	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 *MILK 4	CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 *MILK 5	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 *MILK 6
CHOICE OF JUICE OR FRUIT 0 BREAKFAST PIZZA 1 OR CEREAL AND TOAST 0 0 0 *MILK 9	CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 10	VETERAN'S DAY BREAK * 11	CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 *MILK 12	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 *MILK 13
CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 16	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 0 *MILK 17	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 *MILK 18	CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 *MILK 19	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 *MILK 20
CHOICE OF JUICE OR FRUIT 0 BREAKFAST PIZZA 1 OR CEREAL AND TOAST 0 0 0 *MILK 23	CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 24	* 25	THANKSGIVING BREAK	* 27
CHOICE OF JUICE OR FRUIT 0 BREAKFAST PIZZA 1 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

Nov-09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN STRIPS WITH ROLL HAMBURGER SANDWICH *ENTRÉE SALAD SEASONED GREEN BEANS WHIPPED POTATOES LETTUCE, TOMATO, PICKLE FRESH FRUIT CHILLED FRUIT CUP *MILK 2	HOT POCKET CHICKEN SANDWICH *CHICKEN FAJITA SALAD LETTUCE, TOMATO, PICKLE OVEN BROWNED POTATOES FRESH FRUIT CHILLED FRUIT CUP *MILK 3	MEXICAN STICK W/CHILI HOT DOG/OR CHILI DOG SANDWICH *ENTRÉE SALAD 0 WHOLE KERNEL CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 4	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 5	PIZZA ENTRÉE WRAP *ENTRÉE SALAD SHREDDED LETTUCE SALAD BABY CARROTS W/DIP 0 FRESH FRUIT CHILLED FRUIT CUP MILK 6
CORN DOGS HAMBURGER SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 9	CHICKEN TENDERS W/ROLL CHILI CHEESE WRAP *CHICKEN FAJITA SALAD 0 OVEN BROWNED POTATOES FRUITED GELATIN FRESH FRUIT CHILLED FRUIT CUP *MILK 10	VETERAN'S DAY BREAK	COUNTRY BEEF PATTY W/ROLL POP CORN CHICKEN *TURKEY GOBBLE SALAD BLACKEYED PEAS WHIPPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 12	PIZZA DELI SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP MILK 13
CHICKEN NUGGETS W/ROLL EGG ROLL *ENTRÉE SALAD SEASONED GREEN PEAS AUGRATIN POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 16	FISH STRIPS WITH/HUSH PUPPIES GRILLED CHICKEN SANDWICH *CHICKEN FAJITA SALAD SLAW OVEN BROWNED POTATOES LETTUCE, TOMATO, PICKLE FRESH FRUIT CHILLED FRUIT CUP *MILK 17	BAKED CHICKEN W/ROLL CHEESE STICKS/W MARINARA *ENTRÉE SALAD STEAMED BROCCOLI SWEET POTATO CASSEROLE 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 18	NACHO SUPREME TURKEY CORN DOG NUGGETS *TURKEY GOBBLE SALAD WHOLE KERNEL CORN 0 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 19	PIZZA HAMBURGER ON A BUN *ENTRÉE SALAD GARDEN SALAD LETTUCE, TOMATO, PICKLE 0 FRESH FRUIT CHILLED FRUIT CUP MILK 20
MEATBALL SUB POPCORN CHICKEN *ENTRÉE SALAD SEASONED GREEN PEAS SCALLOPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 23	CHICKEN SANDWICH STEAK STRIPS WITH HOT ROLL *CHICKEN FAJITA SALAD LETTUCE, TOMATO, PICKLE OVEN BROWNED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP MILK 24	THANKSGIVING BREAK NOVEMBER 25-27, 2009 SPECIAL LUNCH FOR THANKSGIVING WILL BE ANNOUNCED AT EACH SCHOOL PRIOR TO BREAK. PUBLISHED MENU WILL CHANGE FOR THAT DAY		
TURKEY CORN DOG NUGGETS BBQ SANDWICH *ENTRÉE SALAD ONION RINGS BAKED BEANS 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)

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