

SHELBY COUNTY SCHOOLS BREAKFAST MENU

Sep-09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE OF JUICE OR FRUIT 0 BREAKFAST PIZZA 1 OR CEREAL AND TOAST 0 0 0 *MILK Aug 31	CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 1	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 0 *MILK 2	CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 0 *MILK 3	CHOICE OF JUICE OR FRUIT 0 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 0 *MILK 4
LABOR DAY * 7	CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 8	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 0 *MILK 9	CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 0 *MILK 10	CHOICE OF JUICE OR FRUIT 0 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 0 *MILK 11
CHOICE OF JUICE OR FRUIT 0 BREAKFAST PIZZA 1 OR CEREAL AND TOAST 0 0 0 *MILK 14	CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 15	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 0 *MILK 16	CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 0 *MILK 17	CHOICE OF JUICE OR FRUIT 0 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 0 *MILK 18
CHOICE OF JUICE OR FRUIT 0 BREAKFAST PIZZA 1 OR CEREAL AND TOAST 0 0 0 *MILK 21	CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 22	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 1 OR CEREAL AND TOAST 0 0 0 *MILK 23	CHOICE OF JUICE OR FRUIT 0 FRENCH TOAST 4 LITTLE SMOKIES 3 OR CEREAL AND TOAST 0 0 0 *MILK 24	CHOICE OF JUICE OR FRUIT 0 0 SCHOOLS FAVORITE HOT BREAD OR CEREAL AND TOAST 0 0 0 *MILK 25
CHOICE OF JUICE OR FRUIT 0 BREAKFAST PIZZA 1 OR CEREAL AND TOAST 0 0 0 *MILK 28	CHOICE OF JUICE OR FRUIT 0 SAUSAGE AND BISCUIT 1 OR CEREAL AND TOAST 0 0 0 *MILK 29	CHOICE OF JUICE OR FRUIT 0 SCHOOLS FAVORITE BREAKFAST SANDWICH 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

Sep-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 Aug 31	HOT POCKET CHICKEN SANDWICH *CHICKEN FAJITA SALAD LETTUCE, TOMATO, PICKLE OVEN BROWND POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 1	MEXICAN STICK W/CHILI HOT DOG/OR CHILI DOG SANDWICH *ENTRÉE SALAD 0 WHOLE KERNEL CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 2	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 3	PIZZA ENTRÉE WRAP *ENTRÉE SALAD SHREDDED LETTUCE SALAD BABY CARROTS W/DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 4
Labor Day *September 7	CHICKEN TENDERS W/ROLL CHILI CHEESE WRAP *CHICKEN FAJITA SALAD 0 OVEN BROWND POTATOES FRUITED GELATIN FRESH FRUIT CHILLED FRUIT CUP *MILK 8	TACOS OR TACO SALAD BBQ SANDWICH *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 9	COUNTRY BEEF PATTY W/ROLL POP CORN CHICKEN *TURKEY GOBBLE SALAD LIMA BEANS WHIPPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 10	PIZZA DELI SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 11
CHICKEN NUGGETS W/ROLL EGG ROLL *ENTRÉE SALAD SEASONED GREEN PEAS AUGRATIN POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 14	FISH STRIPS WITH/HUSH PUPPIES GRILLED CHICKEN SANDWICH *CHICKEN FAJITA SALAD SLAW OVEN BROWND POTATOES LETTUCE, TOMATO, PICKLE FRESH FRUIT CHILLED FRUIT CUP *MILK 15	BAKED CHICKEN W/ROLL CHEESE STICKS/W MARINARA *ENTRÉE SALAD STEAMED BROCCOLI WHIPPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 16	NACHO SUPREME TURKEY CORN DOG NUGGETS *TURKEY GOBBLE SALAD WHOLE KERNEL CORN 0 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 17	PIZZA HAMBURGER ON A BUN *ENTRÉE SALAD GARDEN SALAD LETTUCE, TOMATO, PICKLE 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 18
MEATBALL SUB POPCORN CHICKEN *ENTRÉE SALAD SEASONED GREEN PEAS SCALLOPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 21	CHICKEN SANDWICH STEAK STRIPS WITH HOT ROLL *CHICKEN FAJITA SALAD LETTUCE, TOMATO, PICKLE OVEN BROWND POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 22	TACOS OR TACO SALAD HOT POCKET *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 23	TERIYAKI CHICKEN W/ RICE FISH FILET SANDWICH *TURKEY GOBBLE SALAD SLAW SEASONED GREEN BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 24	PIZZA DELI SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 25
TURKEY CORN DOG NUGGETS BBQ SANDWICH *ENTRÉE SALAD ONION RINGS BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 28	GRILLED HAM & CHEESE SAND. CHICKEN FAJITA W/TORTILLA *CHICKEN FAJITA SALAD FAJITA FIXINGS OVEN BROWND POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 29	SPAGHETTI WITH GARLIC TOAST QUESADILLA WITH SALSA *ENTRÉE SALAD 0 SEASONED GREEN PEAS FRUITED GELATIN FRESH FRUIT CHILLED FRUIT CUP *MILK 30		

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

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

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

(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**

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