

Oct-Nov 2009

Henry County Elementary Weekly Menu

^v – Vegetarian Option

* – Unseasoned Vegetable (no fat)

BOO!

Week 1

<i>Always Available</i>	<i>Monday 10/26</i>	<i>Tuesday 10/27</i>	<i>Wednesday 10/28</i>	<i>Thursday 10/29</i>	<i>Friday 10/30</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
"Fast Break" Breakfast for Success will be offered to every child free of charge.	Pop Tart String Cheese 100% Juice 1% Milk	Sausage Biscuits 100% Juice 1% Milk	Breakfast Pizza 100% Juice 1% Milk	Mini Corn Dog Nuggets 100% Juice 1% Milk	Cinnamon Mini Pancakes 100% Juice 1% Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>"Offer vs Serve"</p> <p>Always Available:</p> <p>Chef Salad if ordered as replacement for reimbursable meal. (Including Vegetarian)</p> <p>Peanut Butter & Jelly Sandwich</p> <p>Skim, 1%, 2%, Strawberry & Chocolate Milk</p>	<p>Spaghetti w/ Meat Sauce or ^vAlfredo Sauce w/ Garlic Breadsticks</p> <p>Pork Egg Roll w/ Garlic Breadsticks</p> <p>Tossed Salad / Choice of Dressings</p> <p>*Steamed Spinach</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>	<p>^vCheese or Pepperoni Pizza</p> <p>Breaded Pork Patty / Gravy w/ Honey Wheat Roll</p> <p>Sweet Thing® Sweet Potato Fries</p> <p>*Steamed Broccoli w/ Cheese Sauce</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>	<p>Stromboli</p> <p>Baked Macaroni & Cheese w/ Yeast Roll</p> <p>Fish Sticks w/ Yeast Roll</p> <p>Green Beans</p> <p>Buttered Corn</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>	<p>Cheeseburger or ^vGardenburger on Bun with Trimmings</p> <p>Broccoli Cheddar Quiche w/ Yeast Roll</p> <p>French Fries</p> <p>Raw Veggies w/ Dip</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>	<p>Chicken Fryz w/ Yeast Roll</p> <p>Meatloaf w/ Gravy w/ Yeast Roll</p> <p>Deli Turkey & Cheese Wrap w/ Lettuce & Tomato</p> <p>Mashed Potatoes</p> <p>*Green Peas</p> <p>Fruit/Fresh Fruit</p> <p>FritoLay Chili Cheese FANTASTIX</p> <p>Choice of Milk</p>

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, sex, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Students may deposit money into their accounts or purchase meals in advance.

A sweet dessert will be served on Wednesdays and Fridays as a special treat. (Free of charge.)


Oct-Nov 2009

Henry County Elementary Weekly Menu

^v – Vegetarian Option

* – Unseasoned Vegetable (no fat)

Week 2

<i>Always Available</i>	<i>Monday 11/2</i>	<i>Tuesday 11/3</i>	<i>Wednesday 11/4</i>	<i>Thursday 11/5</i>	<i>Friday 11/6</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<p>"Fast Break" Breakfast for Success will be offered to every child free of charge.</p>			<p>Cinnamon Breakfast Bar</p> <p>100% Juice</p> <p>1% Milk</p>	<p>Pancake & Sausage on a Stick</p> <p>100% Juice</p> <p>1% Milk</p>	<p>Breakfast Pizza</p> <p>100% Juice</p> <p>1% Milk</p>
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>"Offer vs Serve"</p> <p>Always Available:</p> <p>Chef Salad if ordered as replacement for reimbursable meal. (Including Vegetarian)</p> <p>Peanut Butter & Jelly Sandwich</p> <p>Skim, 1%, 2%, Strawberry & Chocolate Milk</p>	<p>Student Holiday</p> <p>Teacher Professional Development Day</p> 	<p>Student Holiday</p> <p>Teacher Professional Development Day</p>	<p>Chicken Nuggets w/ Honey Wheat Roll</p> <p>Pulled Pork BBQ / Bun</p> <p>Coleslaw</p> <p>Cinnamon Apples</p> <p>Tossed Salad</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>	<p>Italian Calzone</p> <p>Roast Turkey / Gravy w/ Yeast Roll</p> <p>Raw Veggies w/ Dip</p> <p>*Turnip Greens</p> <p>Fruit/Fresh Fruit</p> <p>Cornbread Stuffing</p> <p>Choice of Milk</p>	<p>Turkey & Vegetable Egg Roll</p> <p>Hot Dog / Bun w/ Chili & Trimmings</p> <p>Tater Tots</p> <p>Green Peas</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, sex, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Students may deposit money into their accounts or purchase meals in advance.

A sweet dessert will be served on Wednesdays and Fridays as a special treat. (Free of charge.)

Oct-Nov 2009

Henry County Elementary Weekly Menu

^v – Vegetarian Option

* – Unseasoned Vegetable (no fat)

Week 3

<i>Always Available</i>	<i>Monday 11/9</i>	<i>Tuesday 11/10</i>	<i>Wednesday 11/11</i>	<i>Thursday 11/12</i>	<i>Friday 11/13</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
"Fast Break" Breakfast for Success will be offered to every child free of charge.	Cinnamon Mini Pancakes 100% Juice 1% Milk	Breakfast Pizza 100% Juice 1% Milk	Grilled Cheese Sandwich 100% Juice 1% Milk	Mini Corn Dog Nuggets 100% Juice 1% Milk	Sausage Biscuit 100% Juice 1% Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>"Offer vs Serve"</p> <p>Always Available:</p> <p>Chef Salad if ordered as replacement for reimbursable meal. (Including Vegetarian)</p> <p>Peanut Butter & Jelly Sandwich</p> <p>Skim, 1%, 2%, Strawberry & Chocolate Milk</p>	<p>Baked Spaghetti w/ Garlic Breadsticks</p> <p>Fish Square w/ Cheese on a Bun w/ Trimmings</p> <p>Tossed Salad</p> <p>*Steamed Spinach</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>	<p>Baked Macaroni & Cheese w/ Honey Wheat Roll</p> <p>Breaded Pork Patty / Gravy & Honey Wheat Roll</p> <p>Cinnamon Apples</p> <p>Raw Veggies w/ Dip</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>	<p>Hamburger or Cheeseburger or ^vGardenburger on Bun with Trimmings</p> <p>Bean & Green Chili Burrito w/ Trimmings</p> <p>*Green Beans</p> <p>French Fries</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>	<p>Breaded Chicken Breast Patty on Bun w/ Trimmings</p> <p>Pizza Pasta Bake w/ Garlic Breadsticks</p> <p>*Broccoli w/ Cheese Sauce</p> <p>Lima Beans</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>	<p>^vCheese or Pepperoni Pizza</p> <p>Chicken Noodle Soup w/ Toasted Cheese Sandwich</p> <p>Glazed Carrots</p> <p>Buttered Corn</p> <p>Fruit/Fresh Fruit</p> <p>FritoLay Chili Cheese FANTASTIX</p> <p>Choice of Milk</p>

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, sex, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Students may deposit money into their accounts or purchase meals in advance.

A sweet dessert will be served on Wednesdays and Fridays as a special treat. (Free of charge.)

Oct-Nov 2009

Henry County Elementary Weekly Menu

^v – Vegetarian Option

* – Unseasoned Vegetable (no fat)

Week 4

<i>Always Available</i>	<i>Monday 11/16</i>	<i>Tuesday 11/17</i>	<i>Wednesday 11/18</i>	<i>Thursday 11/19</i>	<i>Friday 11/20</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
“Fast Break” Breakfast for Success will be offered to every child free of charge.	RF Donut String Cheese 100% Juice 1% Milk	Breakfast Pizza 100% Juice 1% Milk	Ham Biscuit 100% Juice 1% Milk	Cereal String Cheese 100% Juice 1% Milk	Pancake & Sausage on a Stick 100% Juice 1% Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>“Offer vs Serve”</p> <p>Always Available:</p> <p>Chef Salad if ordered as replacement for reimbursable meal. (Including Vegetarian)</p> <p>Peanut Butter & Jelly Sandwich</p> <p>Skim, 1%, 2%, Strawberry & Chocolate Milk</p>	<p>Roasted Chicken w/ Garlic Breadsticks</p> <p>Lasagna w/ Garlic Breadsticks</p> <p>Tossed Salad</p> <p>Green Peas</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>	<p>^vBaked Macaroni & Cheese w/ Yeast Roll</p> <p>Pulled Pork BBQ / Bun</p> <p>Cole Slaw</p> <p>*Broccoli w/ Cheese Sauce</p> <p>Raw Veggies w/ Dip</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>	<p>Totally Taco MaxSnax®</p> <p>Chicken & Broccoli Calzone</p> <p>Buttered Corn</p> <p>*Green Beans</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>	<p>Hot Dog / Bun w/ Chili and Trimmings</p> <p>Chicken Noodle Soup with Toasted Cheese Sandwich</p> <p>Mashed Potatoes</p> <p>*Turnip Greens</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>	<p>Breaded Chicken Fryz w/ Yeast Roll</p> <p>Deli Ham & Cheese on a Bun w/ Trimmings</p> <p>Crinkle Cut Potato Wedges</p> <p>Tossed Salad</p> <p>Fruit / Fresh Fruit</p> <p>FritoLay Sunchips</p> <p>Choice of Milk</p>

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, sex, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Students may deposit money into their accounts or purchase meals in advance.

A sweet dessert will be served on Wednesdays and Fridays as a special treat. (Free of charge.)


Oct-Nov 2009

Henry County Elementary Weekly Menu

^v – Vegetarian Option

* – Unseasoned Vegetable (no fat)

Week 5

<i>Always Available</i>	<i>Monday 11/23</i>	<i>Tuesday 11/24</i>	<i>Wednesday 11/25</i>	<i>Thursday 11/26</i>	<i>Friday 11/27</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
"Fast Break" Breakfast for Success will be offered to every child free of charge.	Cinnamon Mini Pancakes 100% Juice 1% Milk	Mini Corn Dog Nuggets 100% Juice 1% Milk			
LUNCH	LUNCH	<i>Holiday Meal</i>	LUNCH	LUNCH	LUNCH
<p>"Offer vs Serve"</p> <p>Always Available:</p> <p>Chef Salad if ordered as replacement for reimbursable meal. (Including Vegetarian)</p> <p>Peanut Butter & Jelly Sandwich</p> <p>Skim, 1%, 2%, Strawberry & Chocolate Milk</p>	<p>Fish Square on a Bun w/ Trimmings</p> <p>Cheeseburger or Gardenburger on Bun with Trimmings</p> <p>Tater Tots</p> <p>Lima Beans</p> <p>Fruit/Fresh Fruit</p> <p>Choice of Milk</p>	<p>Roast Turkey / Gravy w/ Yeast Roll</p> <p>Breaded Beef Steak / Gravy w/ Yeast Roll</p> <p>Cranberry Salad</p> <p>Mashed Potatoes / Gravy</p> <p>Green Beans</p> <p>Bread Dressing</p> <p>Choice of Milk</p> <p>Holiday Cookie</p>	Student Holiday	<p>Happy Thanksgiving!</p> <p>Student Holiday</p> 	Student Holiday

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, sex, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Students may deposit money into their accounts or purchase meals in advance.

A sweet dessert will be served on Wednesdays and Fridays as a special treat. (Free of charge.)