

Back to school

Menus for August & September 2011

Marion County Elementary Schools

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, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Monday, August 22

Daily Breakfast Special
Breakfast Break

LUNCH
Entree – Please Select One
Stuffed Crust
Whole Grain Pizza
or
Hamburger

Sides – Please Select Two
Tossed Salad
Potato Smiles
Diced Peaches

Extra
Lettuce & Pickles

Tuesday, August 23

Daily Breakfast Special
Pancake Egg Sandwich

LUNCH
Entree – Please Select One
Chicken Nuggets w/Dinner Roll
or
Grilled Cheese Sandwich

Sides – Please Select Two
Broccoli
Mixed Fruit
Fresh Seasonal Fruit

Wednesday, August 24

Daily Breakfast Special
Sausage Biscuit

LUNCH
Entree – Please Select One
Beefaroni & Garlic Stick
or
Deli Wrap Meal

Sides – Please Select Two
Seasoned Carrots
Diced Pears
Fresh Seasonal Fruit

Thursday, August 25

Daily Breakfast Special
Breakfast Taco

LUNCH
Entree – Please Select One
Chicken Quesadilla
or
Turkey & Cheese on a Bun

Sides – Please Select Two
Black Beans & Corn
Rosy Applesauce
Fresh Seasonal Fruit

Extra
Lettuce & Pickles

Friday, August 26

Daily Breakfast Special
Cinnamon French Toast

LUNCH
Entree – Please Select One
*Hot Dog
or
Crispy Chicken Sandwich

Sides – Please Select Two
Green Beans
Pineapple Tidbits
Fresh Seasonal Fruit

Extra
Lettuce & Pickles

Monday, August 29

Daily Breakfast Special
Cheese Omelet

LUNCH
Entree – Please Select One
Pizza Dippers
w/Marinara Sauce
or
*Corn Dog

Sides – Please Select Two
California Mix
Diced Peaches
Fresh Seasonal Fruit

Tuesday, August 30

Daily Breakfast Special
Pancake Sausage Stick

LUNCH
Entree – Please Select One
Chicken Mashed Potato Bowl
w/Roll or Cheeseburger

Sides – Please Select Two
Tossed Salad
Diced Pears
Fresh Seasonal Fruit

Extra
Lettuce & Pickles

Available Daily

Breakfast: Choice of Daily Special (listed on each day's menu) or assorted reduced-sugar cereal, **PLUS** low-fat cheese snacks, fresh or canned fruit, assorted 100% fruit juices, and low-fat or skim milk.

Lunch: Choice of two entrees (listed on each day's menu) **PLUS** choice of 2 side items, an "extra" when offered **AND** low-fat or skim milk. We also offer PB&J Uncrustables as a daily lunch choice at all locations.

Wednesday, August 31

Daily Breakfast Special
Snack N Waffles

LUNCH
Entree – Please Select One
BBQ Fork Sandwich
or
Yogurt & String Cheese
Fruit Plate

Sides – Please Select Two
Buttered Corn
Mandarin Oranges
Fresh Seasonal Fruit

Thursday, Sept. 1

Daily Breakfast Special
Sunrise Burrito

LUNCH
Entree – Please Select One
Baked Chicken w/Wheat Roll
or
Chef Salad Meal

Sides – Please Select Two
Seasoned Green Peas
Mashed Potatoes
Fresh Seasonal Fruit

Nobody learns if they're empty.



You can't keep the seats full if the kids aren't full, too. It's a fact: kids need to eat well to learn well. We hope you'll join us often this year!

Friday, Sept. 2

Daily Breakfast Special
Muffin w/Yogurt

LUNCH
Entree – Please Select One
Chicken Griller
or Fish Stars

Sides – Please Select Two
Potato Wedges
Green Beans
Mixed Fruit Cup

Extra
Lettuce & Pickles

Tuesday, Sept. 6

Daily Breakfast Special
Pancake Egg Sandwich

LUNCH
Entree – Please Select One
Rib BBQ Sandwich
or
Stuffed Crust Pizza

Sides – Please Select Two
Carrots
Peaches
Fresh Seasonal Fruit

Wednesday, Sept. 7

Daily Breakfast Special
Sausage Biscuit

LUNCH
Entree – Please Select One
Popcorn Chicken w/Roll
or
Teriyaki Beef Dippers

Sides – Please Select Two
Steamed Rice
Broccoli
Pineapple Chunks

Thursday, Sept. 8

Daily Breakfast Special
Breakfast Taco

LUNCH
Entree – Please Select One
Creamy Macaroni & Cheese
w/Roll
or
The Extreme Burrito

Sides – Please Select Two
Garden Side Salad
Mixed Fruit
Fresh Seasonal Fruit

Friday, Sept. 9

Daily Breakfast Special
Cinnamon French Toast

LUNCH
Entree – Please Select One
Taco Nacho
w/Lettuce & Cheese Cup
or
Deli Wrap Meal

Sides – Please Select Two
Black Beans & Rice
Diced Peaches
Fresh Fruit Manager's Choice

Breakfast **Lunch**

Complimentary **\$1.60** Elementary Student Lunch
for all students **\$2.75** Adult Lunch

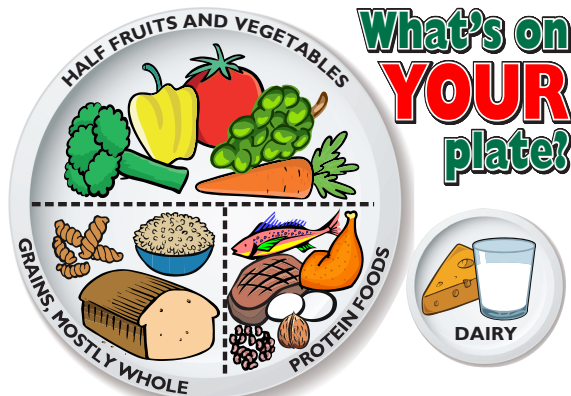
Get in touch with us today to learn more about free and reduced-price meals in our district:
Call 352-671-4196 or apply on-line at www.marion.k12.fl.us/dept/fsd

Nutrition Information:

In Marion County, we're serious about good nutrition – our full-time Registered Dietitian plans all of our menus! An asterisk (*) on the menu indicates a Turkey item. All cheese products and milk choices are reduced-fat or fat-free.

PARENTS: For your convenience and peace of mind, you can pay for meals online at mymarionfsdir.marion.k12.fl.us/Parent or call 352-671-4194 for more info.





Say goodbye to the Pyramid and hello to the Plate!

There's a new, easy-to-understand graphic showing what a healthy American diet should look like.

Fill your plate with at least half fruits and vegetables, a little more than a quarter grains (mostly whole grains), and a little less than a quarter lean protein foods, with a little dairy on the side.

Try to follow these general guidelines, too:

- ▶ Enjoy what you eat, but eat less of it!
- ▶ Avoid really big portions of food
- ▶ Eat whole grains as much as possible
- ▶ Drink milk that's fat-free or low-fat (1%)
- ▶ Choose foods with lower sodium numbers
- ▶ Drink water instead of soda or other sugary drinks

On future menus, look for lots of tips, puzzles, riddles, jokes, and examples that will help you make sense of the new MyPlate graphic!

Learn more at www.CHOOSEMYPLATE.gov or www.kidshealth.org/kid/stay_healthy/food/pyramid.html#cat119

Monday, Sept. 12

Daily Breakfast Special
Cheese Omelet

LUNCH
Entree – Please Select One
Stuffed Crust
Whole Grain Pizza
or Hamburger

Sides – Please Select Two
Tossed Salad
Potato Smiles
Diced Peaches
Extra
Lettuce & Pickles

Tuesday, Sept. 13

Daily Breakfast Special
Pancake Sausage Stick

LUNCH
Entree – Please Select One
Chicken Nuggets w/Dinner Roll
or
Grilled Cheese Sandwich

Sides – Please Select Two
Broccoli
Mixed Fruit
Fresh Seasonal Fruit

Wednesday, Sept. 14

Daily Breakfast Special
Snack N Waffles

LUNCH
Entree – Please Select One
Beefaroni & Garlic Stick
or
Deli Wrap Meal

Sides – Please Select Two
Seasoned Carrots
Diced Pears
Fresh Seasonal Fruit

Thursday, Sept. 15

Daily Breakfast Special
Sunrise Burrito

LUNCH
Entree – Please Select One
Chicken Quesadilla
or
Turkey & Cheese on a Bun

Sides – Please Select Two
Black Beans & Corn
Rosy Applesauce
Fresh Seasonal Fruit

Friday, Sept. 16

Daily Breakfast Special
Muffin & Yogurt

LUNCH
Entree – Please Select One
*Hot Dog
or
Crispy Chicken Sandwich

Sides – Please Select Two
Green Beans
Pineapple Tidbits
Fresh Fruit Manager's Choice
Extra
Lettuce & Pickles

Monday, Sept. 19

Daily Breakfast Special
Breakfast Break

LUNCH
Entree – Please Select One
Pizza Dippers
w/Marinara Sauce
or
*Corn Dog

Sides – Please Select Two
California Mix
Diced Peaches
Fresh Seasonal Fruit

Tuesday, Sept. 20

Daily Breakfast Special
Pancake Egg Sandwich

LUNCH
Entree – Please Select One
Chicken Mashed Potato Bowl
w/Roll
or
Cheeseburger

Sides – Please Select Two
Tossed Salad
Diced Pears
Fresh Seasonal Fruit
Extra
Lettuce & Pickles

Wednesday, Sept. 21

Daily Breakfast Special
Sausage Biscuit

LUNCH
Grab-N-Go Bagged Lunch
Manager's Choice
Fresh Deli Shop Wrap
w/Baked Chips

Early Release Day

Thursday, Sept. 22

Daily Breakfast Special
Breakfast Taco

LUNCH
Entree – Please Select One
Baked Chicken w/Wheat Roll
or
Chef Salad Meal

Sides – Please Select Two
Seasoned Green Peas
Mashed Potatoes
Fresh Seasonal Fruit

Friday, Sept. 23

Daily Breakfast Special
Cinnamon French Toast

LUNCH
Entree – Please Select One
Chicken Griller
or
Fish Stars

Sides – Please Select Two
Potato Wedges
Green Beans
Mixed Fruit Cup
Extra
Lettuce & Pickles

Monday, Sept. 26

Daily Breakfast Special
Cheese Omelet

LUNCH
Entree – Please Select One
Rib BBQ Sandwich
or
Stuffed Crust Pizza

Sides – Please Select Two
Baby Carrots w/Ranch
Peaches
Fresh Seasonal Fruit

Tuesday, Sept. 27

Daily Breakfast Special
Pancake Sausage Stick

LUNCH
Entree – Please Select One
Spaghetti w/Garlic Stick
or
Chicken Tenders

Sides – Please Select Two
Tossed Salad
Fruit Cocktail
Fresh Seasonal Fruit

Wednesday, Sept. 28

Daily Breakfast Special
Snack N Waffles

LUNCH
Entree – Please Select One
Popcorn Chicken w/Roll
or
Teriyaki Beef Dippers

Sides – Please Select Two
Steamed Rice
Broccoli
Pineapple Chunks

Thursday, Sept. 29

Daily Breakfast Special
Sunrise Burrito

LUNCH
Entree – Please Select One
Creamy Macaroni & Cheese
w/Roll
or
The Extreme Burrito

Sides – Please Select Two
Garden Side Salad
Mixed Fruit
Fresh Seasonal Fruit

Friday, Sept. 30

Daily Breakfast Special
Muffin & Yogurt

LUNCH
Entree – Please Select One
Taco Nacho
w/Lettuce & Cheese Cup
or
Deli Wrap Meal

Sides – Please Select Two
Black Beans & Rice
Diced Peaches
Fresh Fruit Manager's Choice

NOW SERVING: Protein, Calcium . . . and FIBER?!

Flavored fat-free milk provides the same great calcium and protein as white milk – and chocolate milk even contains fiber! Our "Healthy Cow" fat-free flavored milk contains only about 10 g of added sugar – that's about 60 calories – in addition to about 12 g of naturally occurring lactose sugar that comes straight from the cow.



No wonder national health groups ranging from the American Academy of Pediatrics to the American Dietetic Association all support low-fat and fat-free milk in schools, including flavored milk. Milk in schools is a crucial source of calcium and other key nutrients for kids -- and a fairly minimal source of sugar and calories.