

The daily menu is subject to change without advanced notice.

Fulton County Schools

Elementary School Lunch Menus

May 2009



Children should include at least 60 minutes of physical activity in each day. As warmer weather approaches, take the opportunity to join a community sports organization, make time to take walks together with your family each day, or simply play a game of dodge ball, freeze tag or volley ball with your friends. By including daily exercise now, you are certain to create a lifelong habit of being physically active on a regular basis.

1

Fish Nuggets with Wheat Roll
Pepperoni Pizza
Baked Beans, Cole Slaw
Mixed Fruit, Fresh Apple
*Fruit & Yogurt Salad Plate
Pizza Pak

The following milk choices are offered daily:
2%, 1%, Skim,
Chocolate & Strawberry

4

Macaroni & Cheese w/ Ham
Hamburger w/ Lettuce, Tomato & Pickle
Sweet Potato Patty, Broccoli
Rosy Applesauce, Fresh Orange
*Fruit & Yogurt Salad Plate
Grilled Chicken Wrap Plate

5

Country Fried Steak and Roll
Cheese Pizza
Whipped Potatoes, Green Beans
Apricots, Apple Juice
Chicken Tender Salad Plate
Turkey Ham & Cheese Sub Plate

Nachos

Breaded Chicken Sandwich
Oven Fries, Lettuce/Tomato/Pickle
Peach Pop, Fresh Apple
Tuna Salad Plate
*Yogurt & Cheese Pak

7

Roasted Turkey, Rice & Gravy with Roll
Hot Dog
Baked Beans, California Blend
Applesauce, Orange Juice, Cookie
*Fruit & Yogurt Salad Plate
Deli Turkey & Cheese Sub Plate

8

Chicken Enchilada
*Cheese Pizza
Mixed Vegetables, Apple Cole Slaw
Peach Cup, Fresh Banana
*Yogurt & Cheese Pak
Grilled Chicken Salad Plate

Elementary Meal Prices:
Reduced Breakfast.....\$0.30
Full-Price Breakfast.....\$0.80
Adult Breakfast.....\$1.30

Reduced Lunch.....\$0.40
Full-Price Lunch.....\$1.35
Adult Lunch.....\$2.40

11

Salisbury Steak & Gravy, Roll
Chicken Nuggets w/ Roll
Whipped Potatoes, Broccoli
Apricots, Fresh Orange
*Cheese Chef Salad Plate
Turkey Ham & Cheese Sub Plate

12

Chicken Noodle Soup w/ Grilled Cheese
Hot Dog
Oven Fries, Cole Slaw
Peaches, Apple Juice
*Fruit & Yogurt Salad Plate
Pizza Pak

13

Spaghetti Casserole
Breaded Chicken Sandwich
Green Beans, Lettuce, Tomato & Pickle
Mandarin Oranges, Fresh Banana
Chicken Tender Salad Plate
*Yogurt & Cheese Pak

14

Baked Chicken with Rice & Combread
*Cheese Pizza
California Blend, Garden Salad
Spiced Apples, Orange Juice, Confetti Cake
*Fruit & Yogurt Salad Plate
Turkey Ham & Cheese Wrap Plate

15

Shrimp Poppers & Macaroni & Cheese
Chicken Tenders with Roll
Green Peas, Carrot-Raisin Salad
Diced Pears, Fresh Apple
Grilled Chicken Salad Plate
*Yogurt & Cheese Pak

Meatless options are denoted by an asterisk (*)

18

*Tomato-Basil Soup w/ Gr. Cheese Sand.
Hamburger w/ Lettuce & Tomato
Tater Tots, Green Beans
Apricots, Fresh Orange
*Fruit & Yogurt Salad Plate
Grilled Chicken Wrap Plate

19

Mac & Chz w/ Ham
Chicken Nuggets w/ Wheat Roll
Garden Salad, Italian Blend Vegetables
Peaches, Apple Juice
*Cheese Chef Salad Plate
Turkey & Cheese Sub Plate

20

Roasted Turkey, Rice & Roll
*Cheese Pizza
Broccoli Salad, Glazed Carrots
Spiced Apples, Fresh Banana
Chicken Tender Salad Plate
Tuna Salad Sub Plate

21

Tacos with Mexican Rice
Comdog
Lettuce & Tomato, Mexican Corn
Pears, Orange Juice, Cookie
*Yogurt & Cheese Pak
Grilled Chicken Salad Plate

22

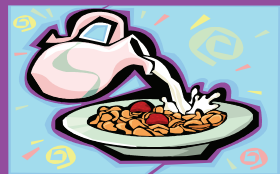
Fish Nuggets with Wheat Roll
Pepperoni Pizza
Baked Beans, Cole Slaw
Mixed Fruit, Fresh Apple
*Fruit & Yogurt Salad Plate
Pizza Pak



Have a Wonderful Summer Vacation!

Fulton County School Nutrition Program
The Meadows
Operations Center
5270 Northfield Boulevard
College Park, Georgia 30349
404-669-8960

Non-Discrimination Statement: The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.



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For more nutrition information visit the
Fulton County
School Nutrition Program website:
www.fultonschools.org/dept/schoolnutrition/

4 Cinnamon Glazed Pancakes Honey Nut Cereal Apple Juice Choice of Milk	5 Sausage & Cheese Biscuit Blueberry Muffin with Yogurt Orange Juice Choice of Milk	6 Egg & Cheese Bagel Honey Nut Cereal Apple Juice Choice of Milk	7 Breakfast Burrito Blueberry Muffin with Yogurt Orange Juice Choice of Milk	8 Whole Wheat Breakfast Bun Tootie Fruitie Cereal Orange Juice Choice of Milk	1 Chicken Biscuit Honey Nut Cereal Orange Juice Choice of Milk
11 French Toast Honey Nut Cereal Apple Juice Choice of Milk	12 Pancake on a Stick Blueberry Muffin with Yogurt Orange Juice Choice of Milk	13 Sausage Biscuit Frosted Flakes Cereal Apple Juice Choice of Milk	14 Breakfast Hot Pocket Blueberry Muffin with Yogurt Orange Juice Choice of Milk	15 Chicken Biscuit Honey Nut Cereal Orange Juice Choice of Milk	
18 Cinnamon Glazed Pancakes Honey Nut Cereal Apple Juice Choice of Milk	19 Sausage & Cheese Biscuit Blueberry Muffin with Yogurt Orange Juice Choice of Milk	20 Egg & Cheese Bagel Honey Nut Cereal Apple Juice Choice of Milk	21 Breakfast Burrito Blueberry Muffin with Yogurt Orange Juice Choice of Milk	22 Whole Wheat Breakfast Bun Tootie Fruitie Cereal Orange Juice Choice of Milk	

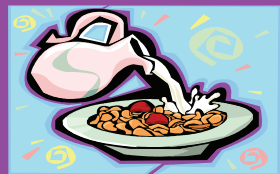


The following milk choices are offered daily:
2%, 1%, Skim,
Chocolate & Strawberry



May is recognized nationally as Skin Cancer Detection Month. As the weather heats up and you begin to spend more time outside, it is even *more* important that you take precautions to protect your skin. Every person (regardless of ethnicity or skin color) should wear a sunscreen daily (with an SPF of at least 15), stay in shaded areas as much as possible, and wear protective clothing. Enjoy your time in the sun this summer, but do so safely by protecting your skin!

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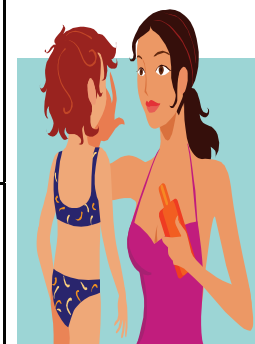
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<p>For more nutrition information visit the Fulton County School Nutrition Program website: www.fultonschools.org/dept/schoolnutrition/</p>				<p>1 French Toast Sticks Frosted Flakes Cereal Orange Juice Choice of Milk</p>
<p>4 Sausage & Cheese Biscuit Honey Nut Cereal Orange Juice Choice of Milk</p>	<p>5 Breakfast Pizza Blueberry Muffin with Yogurt Apple Juice Choice of Milk</p>	<p>6 Chicken Biscuit Honey Nut Cereal Fresh Banana Choice of Milk</p>	<p>7 Waffles Blueberry Muffin with Yogurt Apple Juice Choice of Milk</p>	<p>8 Pancake on a Stick Tootie Fruitie Cereal Orange Juice Choice of Milk</p>
<p>11 Scrambled Eggs, Grits & Toast Honey Nut Cereal Orange Juice Choice of Milk</p>	<p>12 Chicken Biscuit Blueberry Muffin with Yogurt Apple Juice Choice of Milk</p>	<p>13 Egg & Cheese Bagel Honey Nut Cereal Fresh Banana Choice of Milk</p>	<p>14 Breakfast Tortilla w/ Salsa & Grits Whole Wheat Breakfast Bun Apple Juice Choice of Milk</p>	<p>15 French Toast Sticks Frosted Flakes Cereal Orange Juice Choice of Milk</p>
<p>18 Sausage & Cheese Biscuit Honey Nut Cereal Orange Juice Choice of Milk</p>	<p>19 Breakfast Pizza Blueberry Muffin with Yogurt Apple Juice Choice of Milk</p>	<p>20 Chicken Biscuit Honey Nut Cereal Fresh Banana Choice of Milk</p>	<p>21 Waffles Blueberry Muffin with Yogurt Apple Juice Choice of Milk</p>	<p>22 Pancake on a Stick Tootie Fruitie Cereal Orange Juice Choice of Milk</p>



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