

# Aug./Sept. SOUTH FORK SCHOOL MENU 2011

South Fork Schools are pleased to announce that Both Schools will participate in the Free Breakfast in the Classroom for all students. Children that come to school without breakfast at home may visit the cafeterias for a fresh fruit snack when they arrive at school **before** the bell rings to go to class.

*Attention Parents and Kids: Be sure you pay ahead on your meal account!*



*Paying ahead keeps the costs of preparing and mailing charge letters to a minimum. This helps the Cafeteria Fund continue to support the Free Breakfast program!*

*Money will be accepted in the Middle School Office and the Elementary Cafeteria. We cannot accept any lunch money payments from students in the lunch line at either school.*

Student lunches are \$1.55 at Elementary and \$1.80 at Middle School (full price) \$.40 (reduced price) at both schools.

*If you are unable to pay for lunches for your students please fill out a 'Free or Reduced Price Lunch Application' so your child can receive a balanced and nutritious lunch each day!*

*Please call the Cafeteria Manager, Sherry Webb, at 760-378-4602 if you would like more information about South Fork School Breakfast and Lunch Programs!*

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change without notice - Milk may be purchased separately from lunch for \$.35 each. Breakfast and Lunch includes a choice of Non-Fat Chocolate or Low-Fat White Milk <i>Breakfast is Free to all Students at both campuses</i>				
Low Fat Yogurt WG Cereal Bar Fresh Fruit	WW Cinnamon Roll Mozzarella Stick 100% Juice Box	Cinnamon Glazed French Toast Fresh Apple	WG Mini Pancakes or Frudel 100% Juice Box	WW Honey Breakfast Bar Fresh Fruit
 <i>Lunches will include the Food Bar at both schools</i> 				
22 Ardella's Cheese Pizza	23 Chicken Patty WW Bun Skin-On Baked Fries	24 Jumbo Chicken Corn Dog Vegetarian Baked Beans	25 Bean & Cheese Burrito Corn on the Cob	26 BBQ Rib WW Hoagie Roll 100% Fruit Juice Frozen Shape Up
29 Ardella's Pepperoni Pizza	30 Sliced Ham & LF Sliced Cheese on WG Bread Dill Pickle Chips	31 Hamburger on a WW Bun Skin-On Seasoned Oven Baked Fries	Sept. 1 BBQ Chicken Corn Muffin Fresh Fruit	2 WW Spaghetti & Italian Sauce with Meat Balls
Labor Day Holiday No School	6 Ardella's French Bread Pizza	7 Breaded Chicken Nuggets Fresh Fruit	8 Fajita Chicken Soft Tortilla Pinto Beans	9 Grilled Chicken on a WW Bun Corn on the Cob
12 Ardella's Cheese Pizza	13 Turkey & WW Rotini Seasoned Green Beans	14 WG Grilled Cheese Fresh Fruit	15 Sliced Ham on WG Bread Fresh Sliced Tomatoes	16 Tortilla Chips LS Nacho Cheese Cup Refried Beans
19 WG Stuffed Crust Pepperoni Pizza	20 Bean & Cheese Tamale Pocket 100% Fruit Juice Frozen Shape up	21 Popcorn Chicken Bites Fresh Fruit	22 Sloppy Joe on WW Bun Seasoned Waffle Fries	23 Mandarin Orange Chicken WW Noodles w/Chinese Vegetables
26 Cheese WG Pizza	27 WW Spaghetti with Meat Balls & Italian Sauce	28 Bean & Cheese Burrito Fresh Fruit	29 Sliced Ham & Cheese WG Pita Bread Corn on the Cob	30 Hamburger on a WW Bun Skin-On Seasoned Oven Baked Fries

**WW=Whole Wheat**

**LS=Low Sodium**

**WG=Whole Grain**

**LF=Low Fat**

**The USDA is an equal opportunity provider**