

December SOUTH FORK SCHOOL MENU 2011

South Fork Schools are pleased to announce that both schools will participate in 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 start of school each day.

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</i>				
Low Fat Yogurt WG Cereal Bar Fresh Fruit	WW Cinnamon Roll 100% Juice Box	Cinnamon Glazed French Toast Fresh Apple	WG Mini Pancakes 100% Juice Box	WW Honey Breakfast Bar Fresh Fruit

Lunches will include the Food Bar at both schools

Nov. 28 Crisp Taco Salsa	Nov. 29 Turkey & Vegetable Soup WW Dinner Roll	Nov. 30 Mandarin Orange Chicken Chow Mein Noodles Chinese Vegetables	Dec. 1 Grilled Chicken on WW Bun Potato Puffs	Dec. 2 BBQ Rib WW Hoagie Roll Diced Peaches
5 Ardella's Pepperoni Pizza	6 Sliced Ham & LF Sliced Cheese on WG Bread Vegetarian Beans	7 Hamburger on a WW Bun Skin-On Seasoned Oven Baked Fries	8 Bean & Cheese Burrito Seasoned Corn	9 WW Spaghetti & Italian Sauce with Meat Balls
12 Cheese WG Pizza	13 Quesadilla Pinto Beans	14 Corndog Apple	15 Fajita Chicken Soft WG Tortilla Salsa	16 Grilled Chicken on a WW Bun Vegetarian Beans
19 WG Stuffed Crust Pepperoni Pizza	20 <i>Christmas Dinner</i> Turkey & Gravy Mashed Potatoes, Cornbread Dressing, Cranberry Sauce, Dinner Roll, Pumpkin Pie	21 Popcorn Chicken Bites Applesauce	22 Sliced Ham on WG Pita Bread Diced Peaches	23 Breaded Chicken Sticks Seasoned Green Beans



What's on My Healthy Plate?

How do you know if you are eating the right amounts of food? One easy way is to use My Healthy Plate. This is a way of looking at the proportion of foods you eat rather than trying to figure out the number of servings and serving sizes you need.

With My Healthy Plate, aim for: Half your plate to be fruits and vegetables. One quarter to be whole grains. One quarter to be meat or beans.

*Have a Wonderful Christmas! See you back on
January 9, 2012!*

WW=Whole Wheat

LS=Low Sodium

WG=Whole Grain

LF=Low Fat

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