

October SOUTH FORK SCHOOL MENU 2011

South Fork Schools are pleased to announce that the Free Grab 'n Go Breakfast continues this year during nutrition break for all students at the Middle School. The Elementary School will continue with 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	Mini Cinni 100% Juice Box	Mini French Toast Fresh Apple	Mini Pancakes 100% Juice Box	Frudel Fresh Fruit



Lunches will include the Food Bar at both schools



3 Ardella's Cheese Pizza	4 Sloppy Joe on WG Bun Seasoned Waffle Fries	5 Jumbo Chicken Corn Dog Vegetarian Baked Beans	6 Bean & Cheese Burrito Corn on the Cob	7 BBQ Rib WW Hoagie Roll 100% Fruit Juice Frozen Shape Up
10 Ardella's Pepperoni Pizza	11 Sliced Ham & LF Sliced Cheese on WG Bread Dill Pickle Chips	12 Hamburger on a WG Bun Skin-On Seasoned Oven Baked Fries	13 Turkey & Vegetable Soup WG Dinner Roll	14 WW Spaghetti & Italian Sauce with Meat Balls
17 WG Turkey Taco Pocket 100% Fruit Juice Frozen Shape up	18 Turkey & WW Rotini Seasoned Green Beans	19 Breaded Chicken Strips Fresh Fruit	20 Crisp Taco Salsa	21 Grilled Chicken on a WG Bun Corn on the Cob
24 Ardella's Cheese Pizza	25 Chili w/Beans Over Fries	26 Popcorn Chicken Bites Fresh Fruit	27 Sliced Ham on WG Bread Fresh Sliced Tomatoes	28 Mandarin Orange Chicken Chow Mein Noodles Chinese Vegetables
31 Cheese Stuffed Breadsticks 100% Fruit Juice Shape Up				

WW=Whole Wheat

LS=Low Sodium

WG=Whole Grain

LF=Low Fat

The USDA is an equal opportunity provider