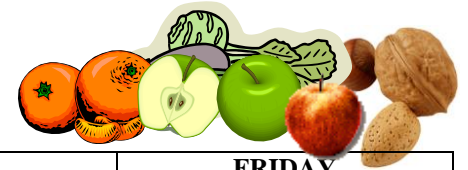




**MONTGOMERY COUNTY SCHOOLS  
BREAKFAST AND LUNCH MENU  
Montgomery County High School**

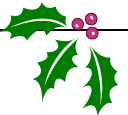



WEEK OF November 28-December 2 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	(28) Fresh Fruit or Juice ½c Cereal Choice of Milk ½ pt.	(29) Fresh Fruit or Juice ½ c. Pop Tart Cheese ½ oz. Choice of Milk ½ pt.	(30) Fresh Fruit or Juice ½c Honi Bun Cheese ½ oz. Choice of Milk ½ pt.	(1) Fresh Fruit or Juice ½c. Grits ¼ c. Sausage Link 2 oz. Toast Choice of Milk ½ pt.	(2) Fresh Fruit or Juice ½c Hot Pocket Choice of Milk ½ pt.
<b>Lunch</b>	(28) Chicken Nuggets 2 oz. or Steak Nuggets Mashed Potatoes Sweet Peas Apricot (A) ¼ c. Bread Choice of Milk ½ pt.	(29) Hot Ham & Cheese Sand. Or Tuna Salad Chips Tossed Salad Cookie Choice of Milk ½ pt.	(30) Chicken Tenders Rice Mixed Greens Tomatoes Cornbread Orange Juice Choice of Milk ½ pt.	(1) Hamburger w/Bun or PBJ Sandwich French Fries ½ c. Lettuce/Tomato ½ c. Fruit Choice of Milk ½ pt.	(2) Pizza or Pimento Cheese Sand. Corn ½ c. Juice or Fruit Cookie Choice of Milk ½ pt.

WEEK OF December 5-9, 2011

**Choice of individual Cereal, Wheat Toast and Jelly served daily**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>BREAKFAST</b>	(5) Fresh Fruit or Juice ½ c. Cereal Toast 1% Milk ½ pt.	(6) Fresh Fruit or Juice ½ c. Breakfast Burrito Toast/Jelly 1% Milk ½ pt.	(7) Fresh Fruit or Juice ½ c. Pop Tart Cheese Slice 1% Milk ½ pt.	(8) Fresh Fruit or Juice ½ c. Grits Eggs Toast 1% Milk ½ pt.	(9) Fresh Fruit or Juice ½ c. Biscuit Sausage Jelly 1% Milk ½ pt.
 <b>LUNCH</b>	(5) Steak Nuggets or Pimento Cheese Sandwich Rice & Gravy Mixed Greens (A) Fruit Cornbread 1% Milk	(6) Chicken Fajita 1 Pc Vegetables Cheese up Peaches 1% Milk	(7) Baked Turkey or Ham Slice Dressing & Gravy Cranberry Sauce Sweet Peas Yam Patty (A) Rolls Choice of 1% Milk	(8) Cheeseburger/Bun or Fish Sandwich French Fries Popeye Salad (A) Fruit Cup 1% Milk	(9) Bar B Q/Bun or PBJ Sandwich Baked Beans Cabbage Slaw Chips Orange Juice © 1% Milk



**MONTGOMERY COUNTY SCHOOLS  
BREAKFAST AND LUNCH MENU  
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WEEK OF December 12-16, 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	(12) Fresh Fruit or Juice Sausage Biscuit 1% Milk	(13) Fresh Fruit or Juice Hot Grits w/cheese Sausage Patty Toast-Jelly 1% Milk	(14) Fresh Fruit or Juice Pop Tart Cheese Slice 1% Milk	(15) Fresh Fruit or Juice Breakfast Pizza Toast 1% Milk	(16) Fresh Fruit or Juice Assorted Cereals Toast & Jelly 1% Milk
<b>LUNCH</b>	(12) Chicken Fajita w/veggies or Fish Portion Rice W. K. Corn Apple Sauce Shredded Cheese Choice of 1% Milk	(13) Hot Dog/Bun or Pimento Cheese Sandwich French Fries Cole Slaw © Baked Beans Apricots (A) Choice of 1% Milk	(14) Chicken Tenders Creamed Potatoes © Sweet Peas Peaches Cornbread Choice of 1% Milk	(15) Ham & Cheese Sandwich or PBJ Sandwich Potato Rounds Baby Carrots w/Ranch Cookie Choice of 1% Milk	(16) <u>Sack Lunch</u> Corn Dog Chips Cookie Apple Orange Juice Choice of 1% Milk

## Christmas Holidays

WEEK OF December 19 - January 1, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	(19)	(20)	(21)	(22)	(23)
	(26)	(27)	(28)	(29)	(30)