

# 2018 - 2019 BRECKINRIDGE COUNTY MIDDLE SCHOOL MENU

## **"We Think FOOD Because Students Can't Think Without It!"**

Everyone is welcome in the school cafeteria. We hope you will find something that appeals to you each day. If you have any questions, please feel free to ask any of the staff members.

Students who are hungry find it hard to stay alert and participate in their classroom experiences. The Breckinridge County Board of Education encourages all students to participate in the Lunch and Breakfast programs offered at each school.

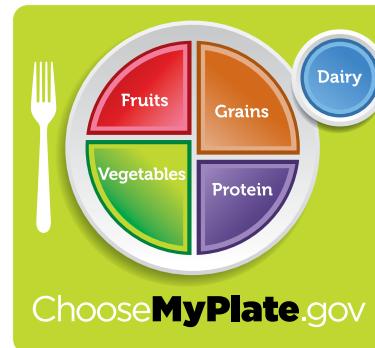
School meals are planned to provide 1/3 of the recommended dietary allowances for school-age children. Menus are planned to include a variety of choices, and changes have been made in food specifications and preparation to lower sodium, fat, and sugar in school meals. This is a gradual process that requires the cooperative effort of students, schools, and the community at large.

Menu is subject to change without notice due to inclement weather.

## **FREE Breakfast and Lunch**

The Breckinridge County Public School District will offer free breakfast and lunch to all students for the 2018-2019 school year.

*Please encourage your child to participate by eating breakfast and lunch in the school cafeteria.*



**Families Eating Smart and Moving More**  
Research points to five key behaviors that can help children, youth, and adults eat healthier and be more active:

- Prepare and eat more meals at home.
- Tame the tube.
- Choose to move more every day.
- Right-size your portions.
- Re-think your drink.
- Enjoy more fruits and vegetables.

By promoting good nutrition in the places where our children eat—at home and at school—we can have a greater impact on their health. Encourage your child's healthy eating habits by supporting school meals!



MyPaymentsPlus provides an easy-to-use, efficient way to make payments quickly and securely anytime using a simple internet connection. You can say goodbye to the hassle of sending in multiple checks to multiple locations for multiple students. It can all be done with one payment on MyPaymentsPlus.

MyPaymentsPlus also allows the ability to receive free, low balance emails and, in most cases, view the purchases made in the cafeteria online.

Ala carte items may be purchased, but these items cannot be charged.

**Go to: [www.mypaymentsplus.com](http://www.mypaymentsplus.com) and register to view or pay your child's account. Please allow 2 days for payment processing.**

### ***BCMS Cafeteria Staff***

Manager: Laura Ford

Cashier: Roxie Coker

Cooks: Julie Hunt, Beth Willis, Lesha Embrey, Jackie Willis

Phone: 270-756-3063

## 2018-2019 MIDDLE SCHOOL MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> A Variety of Juice and Milk Flavors Offered Daily.	Breakfast Sandwich Poptarts Honey Bun Pancakes/Sausage Mini Donuts Banana	Biscuit & Gravy Breakfast Pizza Assorted Cereal Mini Donuts Poptarts Glazed Donuts Uncrustable Pears	Breakfast Sandwich Assorted Cereal Poptarts Muffins Cinni Minnis Mini Donuts Uncrustable Applesauce	Breakfast Pizza Breakfast Burrito Yogurt w/Scooby Sticks Poptarts Mini Donuts Craisins	Breakfast Sandwich Poptarts Dutch Waffle Mini Donuts Frudels Raisins

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b> A Variety of Milk Choices Offered Daily.	<b>MAMA'S KITCHEN • WEEK ONE</b>				
	Popcorn Chicken <b>OR</b> Uncrustable Mashed Potatoes Peas Baked Pears Roll	Brunch for Lunch <b>OR</b> Uncrustable Breakfast Taters Biscuit Carrots w/Dip	Pizza <b>OR</b> Uncrustable Corn Garden Salad Carrots w/Dip	Taco w/Chips <b>OR</b> Uncrustable Refried Beans Mexican Rice Salsa/Cheese Cups Broccoli w/Dip Lettuce & Tomato	Chicken w/Bun <b>OR</b> Fish w/Bun <b>OR</b> Hamburger/Cheeseburger w/Bun Fries Baked Beans Carrots w/Dip Pickle, Onion, Lettuce & Tomato
	<b>MAMA'S KITCHEN • WEEK TWO</b>				
	Manhattan <b>OR</b> Uncrustable Mashed Potatoes Green Beans Bread	Hot Dog w/Bun <b>OR</b> Chili Dog Baked Beans Chips Carrots w/Dip	Pizza <b>OR</b> Uncrustable Cheese Sticks w/Sauce Corn Garden Salad Carrots w/Dip	Spaghetti w/Breadstick <b>OR</b> Uncrustable Green Beans Garden Salad Broccoli w/Dip	Chicken w/Bun <b>OR</b> Fish w/Bun <b>OR</b> Hamburger/Cheeseburger w/Bun Fries Baked Beans Carrots w/Dip Pickle, Onion, Lettuce & Tomato
	<b>TIGER BISTRO • WEEK ONE</b>				
	Spicy Chicken Patty <b>OR</b> Uncrustable Mashed Potatoes Peas Roll Broccoli & Carrots w/Dip	Hamburger/Cheeseburger w/Bun <b>OR</b> Uncrustable Baked Beans Chips Pickle & Tomatoes Carrots w/Dip	Pizza <b>OR</b> Uncrustable Corn Garden Salad Carrots w/Dip	Asian Chicken <b>OR</b> Uncrustable Roasted Chicken Rice Broccoli w/Cheese Roll Garden Salad	Chicken w/Bun <b>OR</b> Fish w/Bun <b>OR</b> Hamburger/Cheeseburger w/Bun Fries Baked Beans Carrots w/Dip Pickle, Onion, Lettuce & Tomato
	<b>TIGER BISTRO • WEEK TWO</b>				
	Chicken Nuggets <b>OR</b> Uncrustable Mashed Potatoes Green Beans Roll Broccoli & Carrots w/Dip	BBQ w/Bun <b>OR</b> Corndog <b>OR</b> Uncrustable Baked Beans Chips Pickle & Onion Carrots w/Dip	Pizza <b>OR</b> Uncrustable Calzones w/Sauce Corn Garden Salad Carrots w/Dip	Meatball Sub w/Bun <b>OR</b> Uncrustable Cheese Cups Chips Green Beans Broccoli w/Dip	Chicken w/Bun <b>OR</b> Fish w/Bun <b>OR</b> Hamburger/Cheeseburger w/Bun Fries Baked Beans Carrots w/Dip Pickle, Onion, Lettuce & Tomato
	Fruit Choices Are Offered With Each Meal Served.				
	Fall Break to Spring Break, Thursday, Spaghetti w/Breadstick & Green Beans Listed on Week Two of Mama's Kitchen Will Be Replaced by Soup of the Day & Grilled Cheese.				
	A Lentil Entrée Will Be Served Each Friday During Lent.				

# FREE

## Breakfast and Lunch

All student meals are FREE  
in the Breckinridge  
County School System

### A LA CARTE PRICES

Meat.....	\$1.50
Milk .....	\$0.60
Vegetable/Fruit .....	\$0.65
Fries.....	\$1.25
Baked Potato .....	\$1.25
Bowl of Soup .....	\$1.35
Roll .....	\$0.45
Yogurt .....	\$0.70
Breakfast Meat/Biscuit....	\$1.25
Breakfast Pastry .....	\$0.75
Small Plain Water .....	\$0.60
Small Chips .....	\$0.75

Menu subject to change without  
notice due to food availability

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

AUGUST 2018					SEPTEMBER 2018					OCTOBER 2018					NOVEMBER 2018					DECEMBER 2018					JANUARY 2019					FEBRUARY 2019					MARCH 2019					APRIL 2019					MAY 2019							
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F								
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27	28	29	30	31						29	30	31			26	27	28	29	30	31					28	29	30	31	25	26	27	28						25	26	27	28	29	29	30				27	28	29	30	31

Calendar Legend	
Week 1	<span style="background-color: #f08080; width: 15px; height: 10px; display: inline-block;"></span>
Week 2	<span style="background-color: #4682b4; width: 15px; height: 10px; display: inline-block;"></span>
No School	<input type="checkbox"/>