

2018 - 2019

Breckinridge County Elementary School Menu

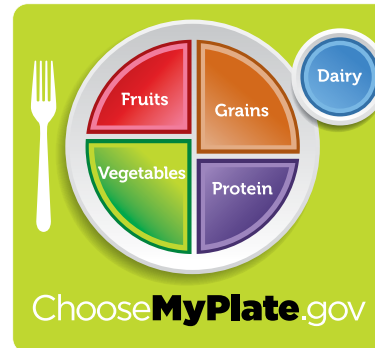
"We Think FOOD Because Students Can't Think Without It!"

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.



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 and register to view or pay your child's account. Please allow 2 days for payment processing.

Elementary School Cafeteria Managers

Hardinsburg	Nettie Parker	270-756-3023
Irvington	Beth Parman	270-756-3053
Ben Johnson	Nancy Laslie	270-756-3073
Custer	Brittany Drane	270-756-3043

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.

2018-2019 ELEMENTARY SCHOOL MENU

BREAKFAST A Variety of Juice and Milk Flavors Offered Daily.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	WEEK ONE				
	Choice of One: Sausage/Biscuit OR Assorted Cereal OR Poptarts OR Mini Donuts Banana	Choice of One: Biscuit & Gravy OR Assorted Cereal OR Poptarts OR Muffin Pears	Choice of One: Chicken/Biscuit OR Assorted Cereal OR Poptarts OR Frudels/Cherry/Apple Apple Wedges	Choice of One: Breakfast Pizza OR Poptarts OR Yogurt w/Grips Craisins	Choice of One: Pretzel Roll/Egg & Cheese OR Poptarts OR Dutch Waffle Raisins
WEEK TWO					
Choice of One: Sausage/Biscuit OR Assorted Cereal OR Poptarts OR Breakfast Bun Banana	Choice of One: Biscuit & Gravy OR Assorted Cereal OR Mini French Toast OR Poptarts OR Muffin Pears	Choice of One: Chicken/Biscuit OR Assorted Cereal OR Mini Cinnis OR Poptarts Apple Wedges	Choice of One: Breakfast Burrito OR Pancake/Sausage OR Poptarts Craisins	Choice of One: Pretzel Roll/Chicken OR Dutch Waffle OR Poptarts Raisins	

LUNCH A Variety of Milk Choices Offered Daily.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	WEEK ONE				
	Choice of One: Sub Sandwich OR Hot Dog w/Bun OR PB & J Box Choices: Baked Beans Chips Carrots w/Dip Peaches OR Banana	Choice of One: Spaghetti & Breadstick OR PB & J Box OR Boxed Entrée Salad Choices: Green Beans Garden Salad Carrots w/Dip Applesauce OR Grapes	Choice of One: Popcorn Chicken w/WG Roll OR Ham & Cheese w/Bun OR PB & J Box Choices: Mashed Potatoes Peas Broccoli w/Dip Pineapple OR Apple Wedges	Choice of One: Personal Pizza OR Cheese Sticks w/Sauce OR PB & J Box Choices: Golden Corn Glazed Carrots Garden Salad Applesauce OR Orange Wedges	Choice of One: Hamburger/Cheeseburger w/Bun OR Fish w/Bun OR PB & J Box Choices: Tater Coins Broccoli w/Dip Pickle, Lettuce & Tomato Raisins OR Side Kick Fruit Icee
WEEK TWO					
Choice of One: Pizza Bites w/Sauce OR Chicken Patty w/Bun OR PB & J Box Choices: Golden Corn Baked Potato Carrots w/Dip Peaches OR Banana	Choice of One: Asian Chicken OR PB & J Box OR Boxed Entrée Salad Choices: Roasted Chicken Rice Garden Salad Roll Broccoli w/Cheese Applesauce OR Grapes	Choice of One: Brunch for Lunch OR PB & J Box Choices: Tater Coins Carrots w/Dip Raisins OR Baked Apples	Choice of One: Taco w/Chips OR Calzones OR PB & J Box Choices: Salsa Refried Beans Carrots w/Dip Shredded Lettuce & Tomatoes Applesauce OR Orange Wedges	Choice of One: Hamburger/Cheeseburger w/Bun OR BBQ w/Bun OR PB & J Box Choices: French Fries Baked Beans Broccoli w/Dip Pickle, Lettuce & Tomato Peaches OR Side Kick Fruit Icee	
During winter months from Fall Break to Sping Break, Week Two's Tuesday Menu Items Asian Chicken & Rice will be replaced by Soup of the Day w/Grilled Cheese.					
A Lental 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
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, 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. 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	
Week 2	
No School	