

2018
2019

MEADE COUNTY PRIMARY & ELEMENTARY SCHOOL BREAKFAST & LUNCH



School Menu Calendar

Week One Meal Plan
Week Two Meal Plan
Week Three Meal Plan
Out of School

Breakfast Menu

SCHOOL BREAKFAST...THE FIRST STEP TO LEARNING! CHILDREN WHO ARE HUNGRY FIND IT HARD TO STAY ALERT & PARTICIPATE IN THEIR CLASSROOM EXPERIENCES. THE MEADE COUNTY BREAKFAST PROGRAM SERVES A VARIETY OF NUTRITIOUS FOODS BEFORE CLASSES BEGIN.

AVAILABLE DAILY: CEREAL, RAISINS AND HONEY GRAHAM CRACKERS. STUDENTS MUST TAKE A FRUIT OR JUICE WITH A BREAKFAST MEAL. HEALTHY MILK CHOICES ALSO SERVED DAILY!

Week

1

Monday

Assorted Muffins
String Cheese Grab Bag
Choose One:
Hard Boiled Egg
Applesauce Cup
Chilled Juice

Tuesday

Donut Ring
Yogurt Cup
Choose One:
Peach Cup
Chilled Juice

Wednesday

Biscuit & Gravy
Yogurt Cup
Choose One:
Scrambled Eggs
Apple Slices
Chilled Juice

Thursday

Breakfast Pizza
Yogurt Cup
Choose One:
Strawberry Cup
Chilled Juice

Friday

Apple Cinnamon
French Toast
String Cheese Grab Bag
Choose One:
Apple Slices
Chilled Juice

Week

2

Monday

Cinni Mini
String Cheese Grab Bag
Choose One:
Hard Boiled Egg
Applesauce Cup
Chilled Juice

Tuesday

Pancakes/syrup
Yogurt Cup
Choose One:
Grapes
Chilled Juice

Wednesday

Sausage Biscuit
Cinni Mini
Choose One:
Apple Slices
Chilled Juice

Thursday

Chocolate Gems or
Powdered Gems
Yogurt Cup
Choose One:
Strawberry Cup
Chilled Juice

Friday

Breakfast Pizza
String Cheese Grab Bag
Choose One:
Apple Slices
Chilled Juice

Week

3

Monday

Assorted Muffins
String Cheese Grab Bag
Choose One:
Hard Boiled Egg
Applesauce Cup
Chilled Juice

Tuesday

Waffle
Yogurt Cup
Choose One:
Breakfast Chicken
Peach Cup
Chilled Juice

Wednesday

Biscuit & Gravy
Cinni Mini
Choose One:
Apple Slices
Chilled Juice

Thursday

Breakfast Pizza
Yogurt Cup
Choose One:
Strawberry Cup
Chilled Juice

Friday

Funnel Cake Friday
String Cheese Grab Bag
Choose One:
Apple Slices
Chilled Juice

Lunch Consists of: **Meat/meat alternate, fruit, vegetables, bread/grain and milk.** Students must select 3 of the 5 choices and one must be a fruit or a vegetable. We encourage students to take all 5 items. Check out www.mealviewer.com for nutritional information of each product served. Healthy milk choices are also served daily!

LUNCH MENU

Week

1

Monday

Choose One:
Lasagna
Popcorn Chicken
served with
Sweet Peas
Baby Carrots
Fruit
Texas Toast

Tuesday

Choose One:
Queso Cheese & Chips
Ham & Cheese Sandwich
served with
Green Beans
Steamed Carrots
Salsa
Fruit
Cookie

Wednesday

Choose One:
Soft Taco
Cheese & Peanut
Butter Grab Bag
served with
Corn
Refried Beans
Fruit

Thursday

Choose One:
Baked Chicken Leg
w/roll
Mini Corn Dogs
served with
Mashed Potatoes
Fresh Vegetables
Fruit

Friday

Choose One:
Stuffed Crust Cheese
Pizza
PBJ Uncrustable Grab Bag
served with
Vegetable Medley
Fruit
Fruit Slushie

Week

2

Monday

Choose One:
Chicken Nuggets
Nacho Cheese & Chips
served with
Corn
Baby Carrots & Cherry
Tomatoes
Fruit
Baked Scoops
Cinnamon Goldfish Grahams

Tuesday

Choose One:
Pork Chop w/ gravy
Spaghetti & Meat Sauce
served with
Green Beans
Fresh Vegetables
Fruit
Texas Toast

Wednesday

Choose One:
Soft Taco
Hot Ham & Cheese
Sandwich
served with
Corn
Vegetable Medley
Fruit

Thursday

Choose One:
Personal Pan
Pepperoni Pizza
Chicken Patty Sandwich
served with
Mashed Potatoes
Fresh Vegetables
Fruit

Friday

Choose One:
Hamburger or
Cheeseburger
Yogurt & Cheese Grab
Bag
served with
Oven Baked Fries
Baked Beans
Cole Slaw, Lettuce Cup
Fruit

Week

3

Monday

Choose One:
Personal Pan Cheese
Pizza
served with
Baked Potato
Broccoli & Cheese
Fruit

Tuesday

Choose One:
Scrambled Eggs, Sausage
& gravy
Chicken Tenders & gravy
served with
Biscuit
Tater Tots
Baked Apples
Fruit

Wednesday

Choose One:
Grilled Cheese
Chicken Strip Wrap
served with
Green Beans
Fresh Vegetables
Fruit
Cheez-its

Thursday

Choose One:
Chicken Crispito
Ham & Cheese
Sandwich
served with
Baby Carrots
Pinto Beans
Fruit, Cinn Grahams

Friday

Choose One:
Cheesy Bread Sticks
with Marinara Sauce
PBJ Uncrustable Grab Bag
served with
Corn
Vegetable Medley
Fruit

MEAL PRICING

Student Breakfast FREE
 Staff/Visitor Breakfast..... \$2.00
 Student Lunch FREE
 Staff/Visitor Lunch..... \$3.50
 Extra Milk.....\$0.50
 Extra Juice \$0.30

Available Daily: Peanut Butter Grab Bag, Grab-N-Go Salad Cup, Assorted Fruit and Healthy Milk choices.

AUGUST '18						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
SEPTEMBER '18						
S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
OCTOBER '18						
S	M	T	W	T	F	S
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
NOVEMBER '18						
S	M	T	W	T	F	S
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
DECEMBER '18						
S	M	T	W	T	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
JANUARY '19						
S	M	T	W	T	F	S
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
FEBRUARY '19						
S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		
MARCH '19						
S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
APRIL '19						
S	M	T	W	T	F	S
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
MAY '19						
S	M	T	W	T	F	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

If your child(ren) have needs for a special diet, your family physician must complete & sign a Special Dietary Needs Form. You may obtain this form from your School Food Service Manager. The completed form must remain on file in the office of the School Food Service Manager.