



# MEADE COUNTY PRIMARY & ELEMENTARY SCHOOL BREAKFAST & LUNCH



## 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, GRAB-N-GO BREAKFAST, RAISINS AND HONEY GRAHAM CRACKERS. STUDENTS MUST TAKE A FRUIT OR JUICE WITH A BREAKFAST MEAL. HEALTHY MILK CHOICES ALSO SERVED DAILY!

### School Menu Calendar



Week

1

#### Monday

Assorted Muffins  
Choose One:  
Applesauce Cup  
Chilled Juice

#### Tuesday

Breakfast Pizza  
Choose One:  
Orange Wedges  
Chilled Juice

#### Wednesday

Cinnamon Mini Pull-Apart Rolls  
Choose One:  
Apple Slices  
Chilled Juice

#### Thursday

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

#### Friday

Funnel Cake Friday  
Choose One:  
Apple Slices  
Chilled Juice

Week

2

#### Monday

Cinnamon Roll  
Choose One:  
Applesauce Cup  
Chilled Juice

#### Tuesday

Breakfast Pastry  
Choose One:  
Orange Wedges  
Chilled Juice

#### Wednesday

Sausage Biscuit  
Choose One:  
Apple Slices  
Chilled Juice

#### Thursday

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

#### Friday

Breakfast Pizza  
Choose One:  
Apple Slices  
Chilled Juice

Week

3

#### Monday

Assorted Muffins  
Choose One:  
Applesauce Cup  
Chilled Juice

#### Tuesday

Breakfast Pizza  
Choose One:  
Orange Wedges  
Chilled Juice

#### Wednesday

Chicken Biscuit  
Choose One:  
Apple Slices  
Chilled Juice

#### Thursday

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

#### Friday

Funnel Cake Friday  
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](http://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  
Chicken Fajita  
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:  
Personal Pan Cheese Pizza  
PBJ Uncrustable Grab Bag  
served with  
Vegetable Medley  
Fruit  
Fruit Slushie

Week

2

#### Monday

Choose One:  
Chicken Nuggets  
Cheesy Chicken  
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:  
Hamburger or  
Cheeseburger  
Hot Ham & Cheese  
Sandwich  
served with  
Oven Baked Fries  
Baked Beans/Pickle Slices  
Fruit

#### Thursday

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

#### Friday

Choose One:  
Soft Taco  
Yogurt & Cheese Grab  
Bag  
served with  
Corn  
Vegetable Medley  
Fruit

Week

3

#### Monday

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

#### Tuesday

Choose One:  
Ling's Asian Chicken  
Chicken Wrap  
served with  
Green Beans  
Fresh Vegetables  
Fruit  
Cinnamon Graham Crackers

#### Wednesday

Choose One:  
Chicken Crispito  
PBJ Uncrustable Grab Bag  
served with  
Baby Carrots  
Fruit Smoothie  
Fruit  
Cheez-its

#### Thursday

Choose One:  
Chicken Tenders & French  
Toast  
Pepperoni Calzone  
served with  
Tater Tots  
Pinto Beans  
Baked Apples  
Fruit

#### Friday

Choose One:  
Hot Dog on Bun  
PBJ Uncrustable Grab Bag  
served with  
Cole Slaw  
Corn  
Vegetable Medley  
Fruit  
Rice Krispie Treat

## MEAL PRICING

Student Breakfast ..... FREE  
Staff/Visitor Breakfast..... \$1.85  
Student Lunch ..... FREE  
Staff/Visitor Lunch..... \$3.25  
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 '16						
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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 '16						
S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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OCTOBER '16						
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23	24	25	26	27	28	29
30	31					
NOVEMBER '16						
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27	28	29	30			
DECEMBER '16						
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25	26	27	28	29	30	31
JANUARY '17						
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22	23	24	25	26	27	28
29	30	31				
FEBRUARY '17						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				
MARCH '17						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
APRIL '17						
S	M	T	W	T	F	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						
MAY '17						
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			

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.