

**FRAZIER  
GRAYSVILLE  
RHEA CENTRAL  
SPRING CITY ELEMENTARY  
SPRING CITY MIDDLE**

**MENUS  
FOR  
AUGUST  
2010**



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

We don't consider lunch to be optional. Every kid needs to eat a good midday meal to be able to learn well. That's why we work hard to keep our meal prices as low as possible. And that's also why we provide free and reduced-priced meals for families that qualify. Enjoy!

**Breakfast**  
**\$1.25** Elementary **\$1.50** Secondary  
**Lunch**  
**\$2.25** Elementary **\$2.50** Secondary

Get in touch with us today to learn more about free and reduced-price meals in our district:  
 423-775-7814 or [www.rheacounty.org](http://www.rheacounty.org)

<p><b>Monday, August 9</b></p> <p><b>Choice of One</b>                  Stuffed Crust Pizza                  Toasted Cheese Sandwich                  ~~~~~                  Tossed Salad                  Choice of Vegetable                  Fruit                  Choice of Milk</p>	<p><b>Tuesday, August 10</b></p> <p><b>Choice of One</b>                  Deli sandwich                  Lettuce &amp; Tomato                  Sliced Pickles                  Baked Cheetos                  Fresh Fruit                  Choice of Milk</p>	<p><b>Wednesday, August 11</b></p> <p>Tacos                  Lettuce &amp; Tomato                  Grated cheese                  Corn                  Fruit                  Choice of Milk</p>	<p><b>Thursday, August 12</b></p> <p>Chicken Nuggets                  Creamed Potatoes                  Green Beans                  Hot Roll                  Choice of Fruit                  Choice of Milk</p>	<p><b>Friday, August 13</b></p> <p><b>Choice of One</b>                  Hamburger                  Chicken Sandwich                  ~~~~~                  Lettuce &amp; Tomato                  French Fries                  Fruit Snacks                  Choice of Milk</p>
<p><b>Monday, August 16</b></p> <p>Pizza                  Tossed Salad                  Choice of Vegetable                  Fruit                  Choice of Milk</p>	<p><b>Tuesday, August 17</b></p> <p><b>Choice of One</b>                  Hot Dog                  Boneless Rib Sandwich                  ~~~~~                  Tater Tots                  Coleslaw                  Fresh Fruit                  Choice of Milk</p>	<p><b>Wednesday, August 18</b></p> <p><b>Choice of One</b>                  Soft Tacos                  Chicken Fajitas                  ~~~~~                  Lettuce &amp; Tomato                  Tossed Salad                  Corn                  Fruit                  Choice of Milk</p>	<p><b>Thursday, August 19</b></p> <p>Chicken Nuggets                  Creamed Potatoes                  Green Beans                  Hot Roll                  Fruit                  Choice of Milk</p>	<p><b>Friday, August 20</b></p> <p><b>Choice of One</b>                  Hamburger                  Chicken Sandwich                  ~~~~~                  Lettuce &amp; Tomato                  French Fries                  Frozen Fruit Juice Bar                  Choice of Milk</p>
<p><b>Monday, August 23</b></p> <p><b>Choice of One</b>                  Fish &amp; Cheese Sandwich                  Corn Dog Nuggets                  ~~~~~                  Coleslaw                  Macaroni &amp; Cheese                  Fruit                  Choice of Milk</p>	<p><b>Tuesday, August 24</b></p> <p>Deli Sandwich                  Lettuce &amp; Tomato                  Fresh Veggie Sticks                  with Dip                  Fruit                  Choice of Milk</p>	<p><b>Wednesday, August 25</b></p> <p><b>Choice of One</b>                  Soft Tacos                  Cheese Quesadillas                  ~~~~~                  Lettuce &amp; Tomato                  Corn                  Fruit                  Choice of Milk</p>	<p><b>Thursday, August 26</b></p> <p>Chicken Nuggets                  Creamed Potatoes                  Green Beans                  Hot Roll                  Fruit                  Choice of Milk</p>	<p><b>Friday, August 27</b></p> <p><b>Choice of One</b>                  Hamburger                  Chicken Sandwich                  ~~~~~                  Lettuce &amp; Tomato                  French Fries                  Fresh Fruit                  Choice of Milk</p>

**Monday, August 30**

**Choice of One**  
 Pizza  
 Toasted Cheese Sandwich  
 ~~~~~  
 Tossed Salad  
 Choice of Vegetable  
 Fruit  
 Choice of Milk

**Tuesday, August 31**

**Choice of One**  
 Pork Chops  
 fish Nuggets  
 ~~~~~  
 Macaroni & Cheese  
 Peas & Carrots  
 Fresh Fruit  
 Choice of Milk

**herb/spice**

**Rosemary**

Herbs and spices are plants that are used to flavor food. Rosemary adds a "Mediterranean" taste to many dishes. It likes a hot, dry climate, and it's an easy herb to grow on a windowsill or porch for beginning gardeners!

**Of the Month**

**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

**PLEASE TURN IN YOUR  
2010/11 FREE AND  
REDUCED PRICE SCHOOL  
MEALS FAMILY  
APPLICATION ASAP!**

**All Menus are  
Subject to  
change**