

Eat Healthy...Get Smarx

The Mission of the Food and Nutritional Services Department, of the Martin County School District, in partnership with family and community, is to provide nutrition education along with appealing and nutritionally-sound meals to students and staff while operating in a cost effective manner, with excellence as a standard.



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The Martin County School District Food and Nutritional Services Department supports the USDA Dietary Guidelines for Americans in conjunction with the USDA Food Guide Pyramid. Menus are planned to include a variety of foods that are low in sugar, fat and cholesterol. Menu selections are designed to increase breads and grains, fruits and vegetables, as well as other food sources rich in vitamins and minerals.

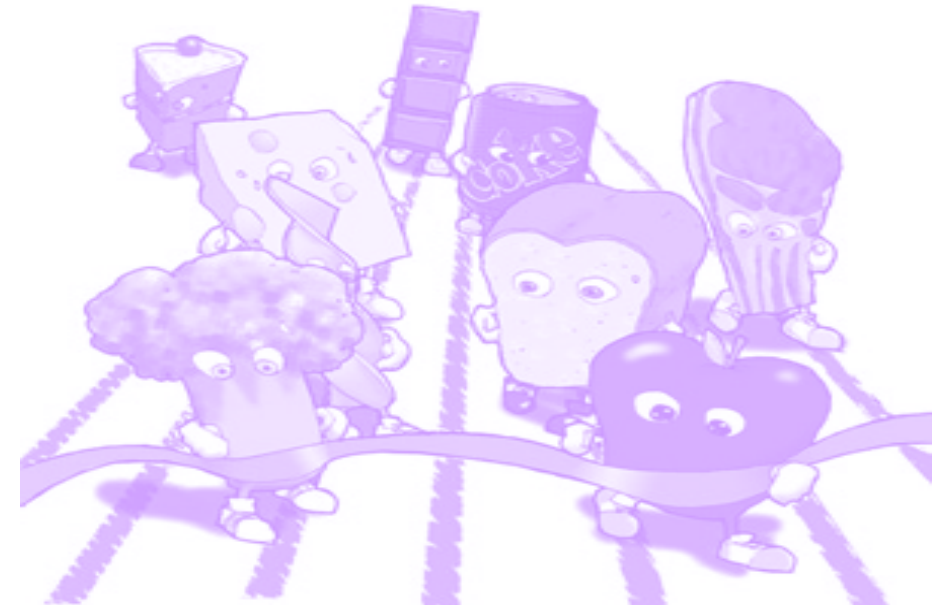
Menu is subject to change without notice due to price and availability of food.

There is no meal charging for student & adult meals.

NON-DISCRIMINATION: 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, Room 326-W, Whitten Building, 1400 Independence Avenue, SW Washington DC 20250-9410 or call 1-800-795-3272 or (202) 720-5964 (voice TDD). USDA is an equal opportunity provider and employer

 BREAKFAST MENU 				
BREAKFAST SELECTIONS Full Paid Breakfast \$1.00 Reduced-Price \$.30				
Monday	Tuesday	Wednesday	Thursday	Friday
Power Ring OR Assorted Cereal	Sausage & Biscuit OR Assorted Cereal	French Toast Sticks OR Assorted Cereal	Egg & Cheese Sandwich OR Assorted Cereal	Healthy Choice® Apple Cinnamon Bakes OR Assorted Cereal
PLUS YOUR DAILY CHOICE OF: Assorted 100% Juice, Fruit, Assorted Milk, Toast (and/or) Cinnamon Grahams Additional Breakfast Items Available at A la Carte Prices				
Menu is subject to change without notice due to price and availability of food.				

Breakfast & Lunch Menu Selections



~Race to Good Nutrition~

**MARTIN COUNTY SCHOOL DISTRICT
FOOD & NUTRITIONAL
SERVICES DEPARTMENT**

ELEMENTARY MENUS

2007— 2008

Martin County Elementary School Lunch Menus - 2007 & 2008



WEEK ONE				
When More Than One Entrée Is Listed, Student Selects One				
Meal Pricing: \$1.50 (full pay) \$0.40 (reduced pay)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Schwans® Pizza OR Cheeseburger on a Bun OR Triple Decker PB&J Oven Fries Freshly Tossed Salad w/ Dressing Whole Grain Rolls Daily Choices	Goldkist® Popcorn Chicken OR Ranch Deli Wrap w/ Sports Bites Crackers OR Hot Dog on a Bun Green Beans Freshly Tossed Salad w/ Dressing Whole Grain Rolls Daily Choices	Macho Nachos w/ Meat & Cheese Sauce OR Corn Dog on a Stick OR Triple Decker PB&J Sweet Corn Freshly Tossed Salad w/ Dressing Whole Grain Rolls Daily Choices	Jennie-O® Turkey & Gravy w/ Rice OR Munchables Lunch Pack OR Hot Dog on a Bun Veggie Sticks w/ Dip Freshly Tossed Salad w/ Dressing Whole Grain Rolls Daily Choices	Stuffed Cheese Sticks w/ Dipping Sauce OR Breaded Chicken OR Triple Decker PB&J Seasoned Vegetable Blend Freshly Tossed Salad w/ Dressing Buttermilk Biscuit Daily Choices

WEEK TWO				
When More Than One Entrée Is Listed, Student Selects One				
Meal Pricing: \$1.50 (full pay) \$0.40 (reduced pay)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Schwans® Pizza OR Hamburger on a Bun w/ Pickles OR Hot Dog on a Bun Baked Beans Freshly Tossed Salad w/ Dressing Whole Grain Rolls Daily Choices	Pasta w/ Meat Sauce OR Tyson® BBQ Chicken Chips OR Triple Decker PB&J Cucumber Wheels w/ Dip Freshly Tossed Salad w/ Dressing Warm Breadsticks Daily Choices	Goldkist® Chicken Nuggets OR Twin Tacos OR Hot Dog on a Bun Sweet Corn Shredded Lettuce & Tomato Cup Whole Grain Rolls Daily Choices	Macaroni & Cheese w/ Teriyaki Beef Dippers OR Junior Specialty Salad w/ Keebler® Bug Bites Grahams OR Triple Decker PB&J Steamed Broccoli Freshly Tossed Salad w/ Dressing Whole Grain Rolls Daily Choices	Goldkist® Chicken Patty on a Bun OR Ooey Goey Grilled Cheese OR Deli Sub Sandwich Baby Carrots w/ Dip Freshly Tossed Salad w/ Dressing Whole Grain Rolls Daily Choices

There is no meal charging for student and adult meals.

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY
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FEBRUARY	MARCH	APRIL	MAY	JUNE	
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LUNCH BITES



Daily Choices Include: Fresh/Canned Fruit, Assorted Low-Fat Milk. Fruit Juice (100%) is available on Monday, Wednesday & Friday.

Still Hungry? Additional meals are available for \$2.50 (Federal Reimbursement does not cover second meals)

Bonus Meal — Pre-pay 20 school lunches (\$30.00) and get 1 FREE. See school cashier for details.

On-line meal payment is available at www.mealpayplus.com

