

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.

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

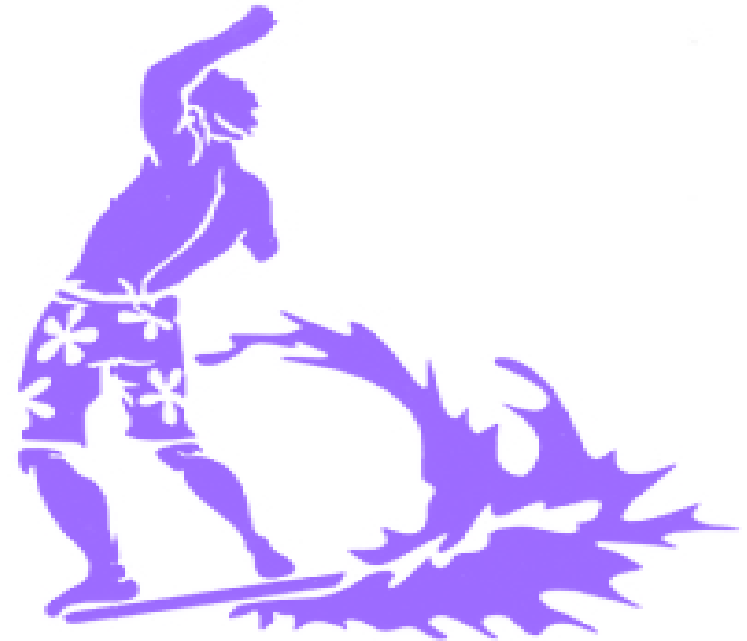


On-line pre-payment system is available at

www.mealpayplus.com



Breakfast & Lunch Menu Selections



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

MIDDLE & HIGH SCHOOL MENU

2007-2008

CAFÉ CUISINE - \$1.75 Middle \$2.00 High

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jamaican Beef Patty OR Chicken Fajitas	Schwans® Pizza	Tyson® BBQ Chicken Chips	Schwans® Pizza	Orient Xpress Rice Bowl
Cheeseburger On a Bun	Cheeseburger On a Bun	Cheeseburger On a Bun	Cheeseburger On a Bun	Cheeseburger On a Bun
Jennie-O® Turkey & Gravy w/ Rice OR Potatoes	Macaroni & Cheese w/ Goldkist® Popcorn Chicken	Mexican Nachos w/ Meat & Cheese Sauce	Pasta & Meat Sauce w/ a Garlic Breadstick	Grilled Cheese Sandwich
Deli Subs & Wraps	Deli Subs & Wraps	Deli Subs & Wraps	Deli Subs & Wraps	Deli Subs & Wraps
Specialty Salad Of The Day	Specialty Salad Of The Day	Specialty Salad Of The Day	Specialty Salad Of The Day	Specialty Salad Of The Day

Plus your choice of Milk Chug or Low-Fat Milk Shake and 2 sides:
Vegetable, Salad of the day, Fruit, 100% Fruit Juice

SUPER COMBO MEAL DEAL \$2.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dominos® Pizza OR Bosco Cheese Sticks	Varsity Breaded Chicken Basket	Dominos® Pizza OR Bosco Cheese Sticks	Premium Chicken Sandwich	Dominos® Pizza OR Bosco Cheese Sticks

Plus your choice of Milk Chug or Low-Fat Milk Shake and 2 sides:
Baked Corn Chips, Vegetable, Salad of the day, Fruit, 100% Fruit Juice

BREAKFAST SELECTIONS \$1.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage & Biscuit	Ham, Egg & Cheese Breakfast Sandwich	Apple Cinnamon Bakes	French Toast Sticks	Breakfast Wedge
OR	OR	OR	OR	OR
Assorted Cereal (2) Pack	Assorted Cereal (2) Pack	Assorted Cereal (2) Pack	Assorted Cereal (2) Pack	Assorted Cereal (2) Pack

Plus your choice of: Assorted 6 oz 100% Fruit Juices (and/or) Fruit, Toast (and/or) Cinnamon Grahams & Assorted Low-Fat Milk
Additional Breakfast Items are Available at A La Carte Prices



Breakfast = brain food!

A LA CARTE CHOICES

Canned Drinks	\$1.00
Chips (small)	\$0.75
Fresh Fruit	\$0.50
Ice-Cream	\$0.75 - \$1.25
Milk Chug (8 oz)	\$0.75
<u>Second</u> Breakfast	\$2.00
<u>Second</u> Café Cuisine Lunch	\$2.50
<u>Second</u> Super-Combo Lunch	\$2.75
Sports Drink (12 oz)	\$0.75
Water Bottle (16.9 oz)	\$0.75