

Eat Healthy...Get Smarx

The Mission of the Food and Nutrition 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 Nutrition 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 whole-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.

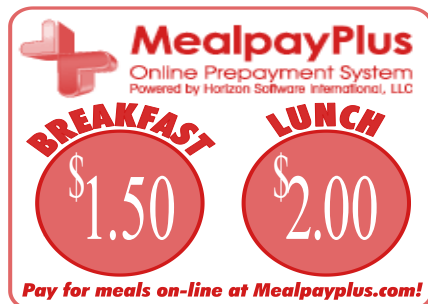
There is no meal charging.

Martin County School Meals ARE Nutritionally Balanced!

(2009-2010) Nutrition audit findings for Martin County School Meals

- A. The RDA for calcium, protein and vitamin C were met!
- B. Total fat - less than 30% calories from fat!
- C. Saturated fat - less than 10% calories from fat!
- D. Cholesterol - met the Dietary Guidelines for Americans standard!

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, 1400 Independence Avenue SW, Washington D.C. 20250-9410 or call 1-866-632-9992 (voice). TDD users can contact USDA through local relay or the Federal Relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer.



Breakfast & Lunch

Menu Selections



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

MIDDLE & HIGH SCHOOL MENU

August 2010-December 2010

CAFÉ CUISINE - \$2.00

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week A	Montego Bay Chicken Gordita	Penne Pasta w/ Meat-Sauce🍏	Oven Baked Chicken w/ Roll	Pizza Slice	Grilled Mexi-Bowl🍏
Week B	Pizza Slice	Creamy Chicken Alfredo	Roasted Glazed Chicken w/ Roll	Hot Shredded BBQ Pork Sub	South of the Border Nachos
Week A & B	Charbroiled Beef Patty w/ Cheese	Baked Breaded Chicken Sandwich	Charbroiled Beef Patty w/ Cheese	Baked Breaded Chicken Sandwich	Charbroiled Beef Patty w/ Cheese
	Stacked Deli Sandwich on a Kaiser Roll🍏	Fresh Deli Sub of the Day🍏	Fresh Deli Wrap of the Day🍏	Fresh Deli Sub of the Day🍏	Fresh Deli Sub (and/or) Wrap of the Day🍏
	<u>Specialty Salad</u> Chicken Caesar Salad w/ Croutons🍏	<u>Specialty Salad</u> Montego Bay Salad w/ Roll🍏	<u>Specialty Salad</u> Chef Salad w/ Roll🍏	<u>Specialty Salad</u> Popcorn Chicken Salad🍏	<u>Specialty Salad</u> Chicken Caesar Salad w/ Croutons🍏

Each lunch includes 2 fruit/veggie servings. 🍏 Indicates the entree contains 1-2 fruit/veggie servings.

Stuffed crust pizza is available a la carte on Wednesdays & Fridays for \$2.00!!

Daily Fruit & Vegetable Choices

Week A & B	Shred Lettuce/Tomato Cup Steamed Veggie Blend	Garden Salad Shred Lettuce/Tom Green Beans	Fresh Baby Carrots Black Beans & Rice Whipped Potatoes	Garden Salad Shred Lettuce/Tom Steamed Broccoli	Shred Lettuce/Tom Steamed Sweet Corn Potato Wedges
	Assort Chilled Fruit Warm Fruit Crisp 6 oz Fruit Juice	Fruit Smoothie Assort Fresh Fruit 6 oz Fruit Juice	Assort Chilled Fruit 6 oz Fruit Juice	Fruit Smoothie Assort Fresh Fruit 6 oz Fruit Juice	Assort Chilled Fruit 6 oz Fruit Juice

SUPER-COMBO \$3.25

Week A	Bosco® Sticks Combo w/ Marinara Cup🍏 <u>Choose 1</u> Salad Shaker 6 oz Fruit Juice	Chicken Tender Combo w/ Marinara Cup🍏 <u>Choose 1</u> Salad Shaker Jumbo Fruit Cup Baked Curly Fries	Delivery Pizza Combo <u>Choose 1-2</u> Salad Shaker 6 oz Fruit Juice Baked Potato Wedges	Mashed Potato Bowl🍏 <u>Choose 1</u> Hone-Style Biscuit	Delivery Pizza Combo <u>Choose 1-2</u> Salad Shaker 6 oz Fruit Juice Baked Potato Wedges
Week B	Chicken-fila' Combo <u>Choose 1-2</u> Salad Shaker 6 oz Fruit Juice Baked Curly Fries	Italian Sampler Combo w/ Marinara Cup🍏 <u>Choose 1</u> Salad Shaker Jumbo Fruit Cup	Delivery Pizza Combo <u>Choose 1-2</u> Salad Shaker 6 oz Fruit Juice Baked Potato Wedges	Asian Chicken To Go!🍏 w/ Fortune Cookie <u>Choose 1</u> Salad Shaker Jumbo Fruit Cup	Delivery Pizza Combo <u>Choose 1-2</u> Salad Shaker 6 oz Fruit Juice Baked Potato Wedges

Plus: Ice-Cold Fat-Free and Low-Fat Milk varieties.

BREAKFAST SELECTIONS - \$1.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Super-Donut (or) 1 Cereal +/-or (1-2) Toast w/ Jelly <u>Plus:</u> 8 oz Low-Fat Milk <u>Choose 1:</u> Chilled Fruit 6 oz Juice	Scrambled Eggs w/ Ham & Cheese and Toast (or) 1 Cereal +/-or (1-2) Toast w/ Jelly <u>Plus:</u> 8 oz Low-Fat Milk <u>Choose 1:</u> Hash-brown Rounds 6 oz Juice	Breakfast Sausage & Country Biscuit (or) 1 Cereal +/-or (1-2) Toast w/ Jelly <u>Plus:</u> 8 oz Low-Fat Milk <u>Choose 1:</u> Fresh Fruit 6 oz Juice	Baked French Toast Sticks (or) 1 Cereal +/-or (1-2) Toast w/ Jelly <u>Plus:</u> 8 oz Low-Fat Milk <u>Choose 1:</u> Chilled Fruit 6 oz Juice	Breakfast Pizza (or) 1 Cereal +/-or (1-2) Toast w/ Jelly <u>Plus:</u> 8 oz Low-Fat Milk <u>Choose 1:</u> Chilled Fruit 6 oz Juice

Additional Breakfast Items are Available at A La Carte Prices

📞 On-line pre-payment is available @

www.mealpayplus.com



📞 Free/Reduced meal applications may be completed online @ www.sbm.org

Here are a few of the brands we use to prepare your daily meals.

