

2008 Menus for Meigs County Schools -Menu Subject to Vary
“Improve your health” - Eat a balance diet each meal – Increase amount of daily exercise

WEEK 1 -NOVEMBER3-7, 2008

Breakfast

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
Biscuit, Sausage , Juice , Milk		Eggs, Toast, Juice, Milk Or Yogurt, graham crackers, juice, milk	Pancake Sausage on Stick, Juice, Milk	Breakfast Pizza, Juice Milk
Or		Or	Or	Or
Cereal, Toast, Juice, Milk		Cereal, Toast, Juice, Milk	Cereal, Toast, Juice, Milk	Cereal, Toast, Juice, Milk

*See Recipe Book

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
*Meat/Meat Alternate Choose One	Pizza or Grilled Chicken Patty Sandwich		Spaghetti w/ Meat Sauce or Cheeseburger	Southwestern Chicken Sandwich or Hot Dog w/ Chili	Taco Salad w/ Chips or Steak Fingers
*Vegetables Choose one or two	Tossed Salad w/ Dressing, Mixed Vegetables, Whole Kernel Corn		Seasoned Green Beans, Carrot Sticks w/ Dip, Fries	Baked Crinkle Fries, California Veggies, Coleslaw	Pinto Beans, Garden Salad w/ Dressing, Whole Kernel Corn, Whole Potatoes
*Fruit Choose one	Peach Slices, Pineapple		Fresh Banana Mandarin oranges	Pears Pineapple	Fresh Apple or Orange
*Grain/Bread Choose one	WW Hamburger Bun, Saltine Crackers		Garlic Bread, WW Bun, Saltine Crackers	WWHB Bun or WWHD Bun, Saltine Crackers	Yeast Rolls, Saltine Crackers
Milk Choose one	Milk – Choice of Variety		Milk- Choice of Variety	Milk-Choice of Variety	Milk- Choice of Variety
*Middle School & High School choice of the above reimbursable meal or Chef Salads reimbursable meal or Sandwich Line reimbursable meal	Choice of Sandwich on hoagie w/ trimmings,; Chef Salad w crackers w/dressing either w/ choice of fruit, milk		Choice of Sandwich on hoagie w/ trimmings,; Chef Salad w/ crackers and dressing either w/ choice of fruit, and milk	Choice of Sandwich on hoagie w/ trimmings,; Chef Salad w/crackers and dressing either w/ choice of fruit, and milk	Choice of Sandwich on hoagie w/ trimmings,; Chef Salad w crackers and dressing either w/ choice of fruit, and milk

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Week 2 – NOVEMBER 10-14 2008 Revised 10/30/08

Breakfast

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
Biscuit, Chicken, Juice , Milk	Choice of Pop Tart or Yogurt w/ graham crackers; Juice, Milk	Eggs, Toast, Juice, Milk Or Yogurt, graham crackers, milk , juice	Pancake Sausage on Stick, Juice, Milk	Breakfast Pizza, Juice Milk
Or	Or	Or	Or	Or
Cereal, Toast, Juice, Milk	Cereal, Toast, Juice, Milk	Cereal, Toast, Juice, Milk	Cereal, Toast, Juice, Milk	Cereal, Toast, Juice, Milk

* See Recipe Book

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
*Meat/Meat Alternate Choose One	Hamburger or Chili Cheese w/ corn chips	Pizza or TURKEY/CHEESE/BUN	meatloaf, or manager’s choice OR HAM/CHEESE/BUN	BBQ Pork Patty Sandwich or Baked Chicken Nuggets	Baked Corn Dog or Nuggets Or Manager’s Choice
* Vegetables Choose one or two	Fries, Mixed Vegetables,	Baked Potato Gems, Lettuce & Tomato, Tossed Salad w/ dressing, Orange Glazed Carrots Coins	Seasoned Green Beans, Carrot Sticks w/ Dip, Fries	Mashed Potatoes, Green Peas, Steamed Broccoli, Cheese Sauce	Baked Crinkle Fires, Garden Salad w/ Dressing, Whole Kernel Corn
*Fruit Choose one	Peach Slices, Pineapple	Mixed Fruit Chilled Pears	Applesauce, Peaches	Pineapple Tidbits, Mandarin oranges	Fresh Apple or Orange
*Grain/Bread Choose one	WWHB Bun, Saltine Crackers	WW Hamburger Bun, Saltine Crackers	Roll, W/W/BUN Saltine Crackers	Wheat Rolls, Saltine Crackers W/W/BUN	WW Bun, Saltine Crackers
Milk Choose one	Milk – Choice of Variety	Milk- Choice of Variety	Milk- Choice of Variety	Milk-Choice of Variety	Milk- Choice of Variety
*Middle School & High School choice of the above reimbursable meal or Chef Salads reimbursable meal or Sandwich Line reimbursable meal	Choice of Sandwich on hoagie w/ trimmings on hoagie,; Chef Salad w/dressing and crackers, either w/ choice of fruit, and milk	Choice of Sandwich on hoagie w/ trimmings,; Chef Salad w/dressing and crackers either w/ choice of fruit, and milk	Choice of Sandwich on hoagie w/ trimmings,; Chef Salad w/dressing and crackers either w/ choice of fruit, and milk	Choice of Sandwich on hoagie w/ trimmings; Chef Salad w/dressing and crackers either w/ choice of fruit, and milk	Choice of Sandwich on hoagie w/ trimmings; Chef Salad w/dressing and crackers either w/ choice of fruit, and milk

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WEEK 3 NOVEMBER, 17-21 2008

Breakfast

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
Biscuit, Sausage , Juice, Milk	Choice of Pop Tart or Yogurt w/ graham crackers; Juice, Milk	Eggs, Toast, Juice, Milk Or Yogurt, graham crackers, juice, milk	Pancake Sausage on Stick, Juice, Milk	Breakfast Pizza, Juice Milk
Or	Or	Or	Or	Or
Cereal, Toast, Juice, Milk	Cereal, Toast, Juice, Milk	Cereal, Toast, Juice, Milk	Cereal, Toast, Juice, Milk	Cereal, Toast, Juice, Milk

*See Recipe Book

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
*Meat/Meat Alternate Choose One	Pizza, Chicken Spaghetti	Baked Fish Nuggets, Cheeseburger	Turkey/Dressing/Gravy Or Corndog	Chicken on Stick or Manager’s choice	Taco Salad Or Chicken Fajita
*Vegetables Choose one or two	Tossed Salad w/ Dressing, Steamed Broccoli Whole Kernel Corn	Baked Potato Gems, Macaroni/cheese, Baked Beans, Creamy Coleslaw, Trimmings	MASHED POTATOES Glazed Sweet Potatoes Green Beans Pumpkin Tart	Baked Potato Tossed Salad	Corn Trimmings
*Fruit Choose one	Peach Slices, Pineapple	Mandarin oranges Applesauce	Applesauce	Pineapple Pears	APPLE ORANGE WEDGES
*Grain/Bread Choose one	French Bread, Saltine Crackers	WWBun, Roll, Saltine Crackers	ROLL	W/W/bun or ROLL	CHIPS OR FLOURED TORTILLA
Milk Choose one	Milk – Choice of Variety	Milk- Choice of Variety	Milk- Choice of Variety	Milk- Choice of Variety	Milk- Choice of Variety
*Middle School & High School choice of above reimbursable meal; or this row- Chef Salads reimbursable meal ;or Sandwich Line reimbursable meal	Choice of Sandwich on hoagie w/ trimmings,; Chef Salad w/crackers and dressing either w/ choice of fruit, and milk	Choice of Sandwich on hoagie w/ trimmings,; Chef Salad w/crackers and dressing either w/ choice of fruit, and milk	Choice of Sandwich on hoagie w/ trimmings,; Chef Salad w/crackers and dressing either w/ choice of fruit, and milk	Choice of Sandwich on hoagie w/ trimmings,; Chef Salad w/crackers and dressing either w/ choice of fruit, and milk	Choice of Sandwich on hoagie w/ trimmings,; Chef Salad w/crackers and dressing either w/ choice of fruit, and milk

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Week 4 – November 24-25

Breakfast

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
Biscuit, chicken, Juice , Milk	Choice of Pop Tart or Yogurt w/ graham crackers; Juice, Milk			
Or	Or			
Cereal, Toast, Juice, Milk	Cereal, Toast, Juice, Milk			

*See Recipe Book

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
*Meat/Meat Alternate Choose One	Hamburger Toasted cheese sand.	Mgr. Choice, Ham & Cheese Sub or Country Fried Steak/Gravy	No School	Thanksgiving	No School
*Vegetables Choose one or two	trimmings Corn on the Cob Fries	Mashed Potatoes, Steamed Broccoli Cheese Sauce, fresh carrots sticks w/ dip		No School	
*Fruit Choose one	Peach Slices Pineapple	Applesauce Orange wedges			
*Grain/Bread Choose one	WW Bun, Texas Toast, Saltine Crackers	Rolls, WW Bun, Saltine Crackers			
Milk Choose one	Milk – Choice of Variety	Milk- Choice of Variety			
*Middle School & High School choice of the above reimbursable meal or Chef Salads reimbursable meal or Sandwich Line reimbursable meal	Choice of Sandwich on hoagie w/ trimmings,; Chef Salad w/crackers and dressing either w/ choice of fruit, and milk	Choice of Sandwich on hoagie w/ trimmings,; Chef Salad w/crackers and dressing either w/ choice of fruit, and milk			

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