

Thurs., Sept. 1

Breakfast
Scrambled Eggs & Ham/Grits

Lunch
Smoky Rib Sandwich
Cheesy Nachos
Chef Salad w/Turkey & Cheese
Tri Taters
Veggie Dippers
Lettuce/Tomato
Cali-Blend Veggies
Watermelon
Chilled Pears
Jell-O

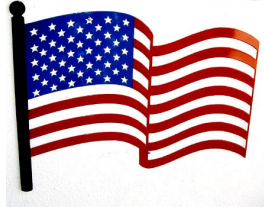
Fri., Sept. 2

Breakfast
Egg & Cheese English Muffins

Lunch
Hot Dog
Cheesy Ravioli
Cobb Salad
Macaroni & Cheese
Veggie Dippers
Garden Salad
Corn on the Cob
Coleslaw
Apple Wedges
Freshly Baked Cookie
Loco Bread

Mon., Sept. 5

**School
Holiday**



Tues., Sept. 6

Breakfast
Waffles & Sausage

Lunch
Fish Nuggets
Chicken Tetrizzini
Fruit & Cottage Cheese
Mashed Potatoes
Whipped Sweet Potatoes
Veggie Dippers
Garden Salad
Mixed Vegetables
Cantaloupe & Blueberries
Chilled Apricots
Rice Krispie Treat
Crackers

Wed., Sept. 7

Breakfast
Ham Biscuit

Lunch
Pizza
Sloppy Joe
Fresh Apple & Yogurt Salad
Pasta Salad
Veggie Dippers
Garden Salad
Corn on the Cob
Broccoli Salad
Chilled Pineapple
Juice Bar
Crackers

Thurs., Sept. 8

Breakfast
Breakfast Pizza

Lunch
Chicken Patty Sandwich
Lasagna
Salad Trio
Tater Tots
Sweet Potato Tots
Veggie Dippers
Lettuce/Tomato
Green Beans
Fresh Fruit Salad
Chilled Mandarin Oranges
School-Made Cake (M.C.)
Garlic Loco Bread

Fri., Sept. 9

Breakfast
Sausage Biscuit

Lunch
Hamburger/Cheeseburger
Chicken Fajitas
Buffalo Chicken Salad
French Fries
Sweet Potato Fries
Veggie Dippers
Lettuce/Tomato
Sautéed Peppers & Onion
Baked Beans
Chilled Applesauce
Sherbet
Crackers

Mon., Sept. 12

Breakfast
Eggs/Cheese Grits

Lunch
Popcorn Chicken
Cheeseburger Macaroni
Chicken Caesar Salad
Potato Wedges
Sweet Potato Wedges
Veggie Dippers
Garden Salad
Mixed Vegetables
Squash Casserole
Chilled Peaches
Freshly Baked Cookies
Crackers

Veggie dippers and crackers are offered as a choice with every lunch.



Breakfast menu also includes cereal, toast, juice, and/or fruit.



CHOICE OF MILK SERVED WITH ALL COMPLETE MEALS.

This institution is an equal opportunity provider.

Tues., Sept. 13

Breakfast
French Toast & Sausage

Lunch
Chicken Tenders
Spaghetti w/Meat Sauce
Crispy Chicken Salad
Herb-Roasted Potatoes
Veggie Dippers
Garden Salad
Green Beans
Breaded Okra
Fruit Cocktail
Crisp or Cobbler (M.C.)
Garlic Loco Bread
Crackers

Wed., Sept. 14

Breakfast
Chicken Biscuit

Lunch
School-Made Pizza
Burrito
Picnic Chicken Salad
Baked Potato Half
Baked Sweet Potato Half
Veggie Dippers
Garden Salad
Broccoli & Cheese
Refried Beans
Chilled Pineapple
Baked Cinnamon Apples
Crackers

Thurs., Sept. 15

Breakfast
Cinnamon Oatmeal/Poptart

Lunch
Asian Popcorn Chicken
Turkey & Cheese Wrap
Chef Salad w/Egg & Cheese
Steamed Rice
Veggie Dippers
Lettuce/Tomato
Oriental-Style Veggies
Orange Wedges
Chilled Pears
Fruit Slushies

Fri., Sept. 16

Breakfast
Ham Biscuit

Lunch
Corndog
Chicken Quesadilla
Chef Salad w/Turkey & Cheese
French Fries
Sweet Potato Fries
Veggie Dippers
Lettuce/Tomato
Sautéed Peppers & Onions
Pinto Beans
Chilled Mandarin Oranges
Cinnamon Rolls
Crackers

Mon., Sept. 19

Breakfast
Chicken Biscuit

Lunch
Chicken Nuggets
Ham & Cheese Sub
Chef Salad w/Egg & Cheese
Mashed Potatoes
Whipped Sweet Potatoes
Veggie Dippers
Garden Salad
Roasted Summer Squash
Fresh Peach
Chilled Applesauce
Juice Bar
Roll
Crackers

Tues., Sept. 20

Breakfast
Pancakes & Sausage

Lunch
Turkey & Cheese Wrap
Tacos
Chef Salad w/Ham & Cheese
Mexican Rice
Veggie Dippers
Lettuce/Tomato
Glazed Carrots
Refried Beans
Grapes
Banana Pudding
Crackers

Wed., Sept., 21

Breakfast
Muffin & Yogurt

Lunch
Personal Pan Pizza
B.B.Q.
Taco Salad
Baked Potato Half
Baked Sweet Potato
Veggie Dippers
Garden Salad
Broccoli & Cheese
Orange Wedges
Chilled Pineapple
Sherbet
Crackers

Thurs., Sept. 22

Breakfast
Scrambled Ham & Eggs/Grits

Lunch
Smoky Rib Sandwich
Cheesy Nachos
Chef Salad w/Turkey & Cheese
Tri Taters
Veggie Dippers
Lettuce/Tomato
Cali-Blend Veggies
Watermelon
Chilled Pears
Jell-O

Fri., Sept. 23

Breakfast
Egg & Cheese English Muffins

Lunch
Hot Dog
Cheesy Ravioli
Cobb Salad
Macaroni & Cheese
Veggie Dippers
Garden Salad
Corn on the Cob
Coleslaw
Apple Wedges
Freshly Baked Cookie
Loco Bread
Crackers

Mon., Sept. 26

Breakfast
Cinnamon Oatmeal/Eggs

Lunch
Ham & Cheese Melt
Crispy Steak & Gravy
Tuna Salad
Steamed Rice
Veggie Dippers
Garden Salad
Okra & Tomatoes
Black Eyed Peas
Chilled Pears
Fruit Slushie
Jalapeno Cornbread Muffin
Crackers

Tues., Sept. 27

Breakfast
Waffles & Sausage

Lunch
Fish Nuggets
Chicken Tetrazzini
Fruit & Cottage Cheese
Mashed Potatoes
Whipped Sweet Potatoes
Veggie Dippers
Garden Salad
Mixed Vegetables
Cantaloupe & Blueberries
Chilled Apricots
Crisp or Cobbler (M.C.)
Crackers

Wed., Sept. 28

Breakfast
Ham Biscuit

Lunch
Pizza
Sloppy Joe
Fresh Apple & Yogurt
Salad
Pasta Salad
Veggie Dippers
Garden Salad
Corn on the Cob
Broccoli Salad
Chilled Pineapple
Juice Bar
Crackers

Thurs., Sept. 29

Breakfast
Breakfast Pizza

Lunch
Chicken Patty Sandwich
Lasagna
Salad Trio
Tater Tots
Sweet Potato Tots
Veggie Dippers
Lettuce/Tomato
Green Beans
Fresh Fruit Salad
Chilled Mandarin Oranges
Rice Krispie Treat
Garlic Loco Bread
Crackers

Fri., Sept. 30

Breakfast
Sausage Biscuit

Hamburger/Cheeseburger
Chicken Fajitas
Buffalo Chicken Salad
French Fries
Sweet Potato Fries
Veggie Dippers
Lettuce/Tomato
Sautéed Peppers & Onions
Baked Beans
Chilled Applesauce
Sherbet
Crackers

Dear Parent:

We plan and prepare meals to meet the nutritional needs of your child. We must also comply with federal regulations outlining specific requirements for each meal. Your child will be offered a choice of entrees and a variety of fruits, vegetables, and side dishes daily. This menu is provided so that you can discuss meal choices with your child.

Our goal is healthy children—ready to learn.

Hillary Savage, Nutrition Director
Cookie Palmer, Nutrition Director
Andrea Thomas, Nutrition Coordinator
770-534-1080

Get Active!

For A Healthy Heart!

The heart pumps blood to every part of your body—hard work! Activities like basketball, soccer and biking help keep your heart healthy and strong.

For Strong Muscles!

You have more than 600 muscles in your body! Skeletal muscles allow you to push and lift things. Playing, running, jumping, and riding your bike can make your muscles stronger because you use them when you do these activities.

To Feel Good!

When you exercise, your brain makes chemicals called endorphins. These chemicals improve your mood and help you feel happier.

Get Up & Play!

**HALL COUNTY
ELEMENTARY SCHOOL
NUTRITION MENU**

September 2011