



Menus for December

2011

Altha Middle/High School

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Monday, December 5

Breakfast

Pancakes w/ Syrup
Sausage Patty OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Chicken BBQ Sandwich
Baked Potato Wedges
Mixed Fruit

Tuesday, December 6

Breakfast

Scrambled Eggs w/
Cheese Grits OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Baked Ziti
Garden Salad
Garlic Bread Stick
Fresh Fruit

Wed., December 7

Breakfast

Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Ham and Cheese Sub
Steamed Broccoli Bites w/
Light Ranch Dip
Fruit Cup

Thursday, December 8

Breakfast

Cheese Toast
Grits and Ham Cubes OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Roast Turkey
Mashed Potatoes w/ Gravy
Green Beans
W/W Roll
Mixed Fruit Cup

Friday, December 9

Breakfast

French Toast Sticks w/ Syrup
Sausage Patty OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Pepperoni Pizza
Garden Salad
Fresh Fruit

Monday, December 12

Breakfast

Sausage and Egg Biscuit
Potato Tots OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Beef Fritter Nuggets
Rice w/ Gravy
Turnip Greens
Corn Bread
Mixed Fruit

Tuesday, December 13

Breakfast

Pancakes w/ Syrup
Sausage Patty OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Chicken Nuggets
Buttered Mashed Potatoes
Orange Glazed Carrots
Fresh Fruit

Wed., December 14

Breakfast

Grits w/ Ham Cubes
Sweet Potato Muffin OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Meat Ball Sub
Baked Potato Wedges
Diced Pears

Thursday, December 15

Breakfast

Waffle and Syrup
Sausage Patty OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Beef Tacos
W/K Corn
Diced Peaches

Friday, December 16

Breakfast

Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Hot Dog
French Fries
Fresh Fruit

Thursday, December 1

Breakfast

Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Beef Tacos w/ Cheese
Tomatoes and Lettuce
W/K Corn
Mixed Fruit Cup

Friday, December 2

Breakfast

French Toast Stick w/ Syrup
Sausage Patty OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Cheese Pizza
Garden Salad
Fresh Fruit

EAT WITH YOUR HANDS.

Just how big is a "serving"? It's hard to tell. And that means we sometimes eat WAY more than we think we do. So look at it this way: a cup is about the size of a fist, an ounce of cheese is as big as a thumb, and a 3 ounce serving of meat, fish, or chicken fills up your palm.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Paula Maddox, School Food Service Director
& the Child Nutrition Staff at your school

Time to turn the page!



Winter Holiday begins
at the end of classes
Friday, Dec. 16

Classes resume:
Wed., Jan. 4

We look forward to serving you in 2012!