

Menus for August 2010

Altha Elementary School



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Monday, August 16

Breakfast
Sausage Pancake on a Stick
W/ Grits OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Corn Dog Nuggets
Mac and Cheese
Mixed Vegetables
Apple Sauce

Tuesday, August 17

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

Lunch
Beef-a-Roni
Green Beans
Mixed Fruit Cup
W/W/ Roll

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

Wednesday, August 18

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

Lunch
Beef Tacos w/ Lettuce,
Tomato and Cheese
W/K Corn
Fresh Fruit

Thursday, August 19

Breakfast
Cheese Toast
Grits and Ham Cubes OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Chicken and Rice
Buttered Carrots
Diced Peaches
W/W Roll

Friday, August 20

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

Lunch
Cheese Pizza
Garden Salad
Fresh Fruit

We've been expecting you.



Monday, August 23

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

Lunch
Chicken BBQ Sandwich
Baked Potato Wedges
Mixed Fruit Cup

Tuesday, August 24

Breakfast
Pancakes w/ Syrup
Linked Sausage OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Baked Ziti
Garden Salad
Garlic Bread Sticks
Fresh Fruit

Wednesday, August 25

Breakfast
Oatmeal
Banana Bread Muffin OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Lima Beans and Ham
Turnip Greens
Corn Bread
Fruit Cup

Thursday, August 26

Breakfast
Waffle w/ Syrup
Sausage Patty OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Chicken Tetrazzini
Broccoli/Cauliflower Polonaise
W/W/ Roll
Tropical Fruit

Friday, August 27

Breakfast
Sausage Gravy and Biscuit
OR Assorted Cereal
w/ Buttered Toast
Assorted Juice

Lunch
Pepperoni Pizza
Garden Salad
Fresh Fruit

And we're all set for a new year of great food and outstanding service. Please join us often — and don't forget to bring your appetite!

Breakfast **Lunch**
\$1.00 **\$1.75**

Choice of Low Fat or Fat Free Milk Offered Daily

Contact us today to learn more about free and reduced-price meals in our district:
Diana Alday at 850-674-8144

Monday, August 30

Breakfast
Cheese Toast
Grits and Ham Cubes OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Hot Dog
Mac and Cheese
Garden Peas
Flavored Apple Sauce

Tuesday, August 31

Breakfast
Waffle w/ Syrup
Sausage Patty OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Grilled Turkey and Cheese
Sandwich
Baked Potato Wedges
Peach Cup