



Altha Elementary School

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Monday, August 22

Breakfast
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Corn Dog Nuggets
Mac and Cheese
Garden Peas
Flavored Apple Sauce

Tuesday, August 23

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

Lunch
BBQ Chicken Sandwich
Baked Potato Wedges
Garden Salad
Diced Pears

Wednesday, August 24

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

Lunch
Country Fried Steak
Rice w/ Gravy
Green Beans
Mixed Fruit

Thursday, August 25

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

Lunch
Grilled Ham and Cheese
Sandwich
French Fries
Red Grapes

Friday, August 26

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

Lunch
Cheese Pizza
Garden Salad
Flavored Apple Sauce

Monday, August 29

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

Lunch
Tacos w/ Cheese
W/K Corn
Lettuce and Tomato
1/2 Banana

Tuesday, August 30

Breakfast
Sausage Biscuit
Tater Tots OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Spaghetti w/ Meat Sauce
Green Beans
Bread Stick
Sliced Peaches

Wednesday, August 31

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

Lunch
Chicken and Rice
Broccoli
Fresh Fruit
W/G Roll

Thursday, Sept. 1

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

Lunch
Grilled Chicken Burger
Buttered Carrots
Tropical Fruit

Friday, Sept. 2

Breakfast
Sausage, Egg and Cheese
Breakfast Wrap
Tater Tots OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Pepperoni Pizza
Garden Salad
Mixed Fruit

Monday, Sept. 5

LABOR DAY

No School

Tuesday, Sept. 6

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

Lunch
Corn Dog Nuggets
Mac and Cheese
Garden Peas
Apple Sauce

Wednesday, Sept. 7

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

Lunch
Beef-a-Roni
Green Beans
Mixed Fruit
Bread Stick

Thursday, Sept. 8

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

Lunch
Chicken Nuggets
Buttered Rice
W/K Corn
W/G Roll

Friday, Sept. 9

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

Lunch
Cheese Pizza
Garden Salad
Fresh Fruit

Nobody learns if they're empty.



You can't keep the seats full if the kids aren't full, too. It's a fact: kids need to eat well to learn well. We hope you'll join us often this year!

Breakfast **Lunch**
\$1.00 **\$2.00**

Get in touch with us today to learn more about free and reduced-price meals in our district: 850-674-8144, ext. 226

Monday, Sept. 12

Breakfast

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

Lunch

Chicken BBQ Sandwich
Baked Potato Wedges
Mixed Fruit Cup

Tuesday, Sept. 13

Breakfast

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

Lunch

Baked Ziti
Garden Salad
Garlic Bread Stick
Fresh Fruit

Wednesday, Sept. 14

Breakfast

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

Lunch

Grilled Turkey and Cheese
Sandwich
Steamed Broccoli Bites w/
Lite Ranch Dressing
Fruit Cup

Thursday, Sept. 15

Breakfast

Waffles w/ Syrup
Sausage Patty OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Chicken and Noodles
Green Beans
W/W Roll
Tropical Fruit Cup

Friday, Sept. 16

Breakfast

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

Lunch

Pepperoni Pizza
Garden Salad
Fresh Fruit

Monday, Sept. 19

Breakfast

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

Lunch

Chicken Nuggets
Mashed Potatoes
Buttered Carrots
W/W Roll
Fresh Fruit

Tuesday, Sept. 20

Breakfast

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

Lunch

Country Fried Steak
Rice w/ Gravy
Turnip Greens
Corn Bread
Mixed Fruit

Wednesday, Sept. 21

Breakfast

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

Lunch

Chicken Burger
Baked Potato Wedges
Diced Pears

Thursday, Sept. 22

Breakfast

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

Lunch

Beef Taco Pie
Corn on the Cob
Diced Peaches

Friday, Sept. 23

Breakfast

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

Lunch

Cheese Pizza
Garden Salad
Fresh Fruit
Home Baked Cookie

Monday, Sept. 26

Breakfast

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

Lunch

Hot Dog
Mac and Cheese
Garden Peas
Flavored Apple Sauce

Tuesday, Sept. 27

Breakfast

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

Lunch

Turkey Pot Pie w/ Biscuit
Mixed Vegetables
Sliced Peaches

Wednesday, Sept. 28

Breakfast

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

Lunch

Chicken Parmesan w/ Pasta
Seasoned Green Beans
Bread Stick
Tropical Fruit

Thursday, Sept. 29

Breakfast

Grits and Ham Cubes
Banana Bread Muffin OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Cheese Burger
French Fries
Mixed Fruit
Brownie

Friday, Sept. 30

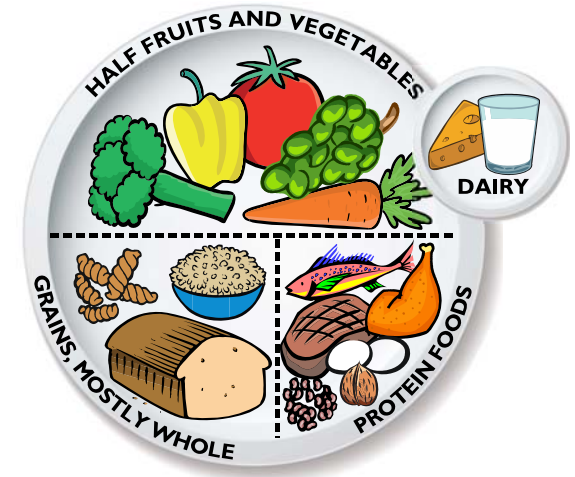
Breakfast

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

Lunch

Stuffed Crust Pizza
Garden Salad
Fresh Fruit

What's on **YOUR** plate?



Say goodbye to the Pyramid and hello to the Plate!

There's a new, easy-to-understand graphic showing what a healthy American diet should look like.

Fill your plate with at least half fruits and vegetables, a little more than a quarter grains (mostly whole grains), and a little less than a quarter lean protein foods, with a little dairy on the side.

Try to follow these general guidelines, too:

- ▶ Enjoy what you eat, but eat less of it!
- ▶ Avoid really big portions of food
- ▶ Eat whole grains as much as possible
- ▶ Drink milk that's fat-free or low-fat (1%)
- ▶ Choose foods with lower sodium numbers
- ▶ Drink water instead of soda or other sugary drinks

On future menus, look for lots of tips, puzzles, riddles, jokes, and examples that will help you make sense of the new MyPlate graphic!

Learn more at www.CHOOSEMYPLATE.gov or www.kidshealth.org/kid/stay_healthy/food/pyramid.html#cat119