

Menus for August 2010

Altha Middle and High 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 OR
Chicken Burger
Mac and Cheese
Mixed Vegetables
Apple Sauce
Chef Salad

Tuesday, August 17

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

Lunch
Beef-a-Roni OR
Crispy Chicken Wrap
Green Beans
Mixed Fruit Cup
W/W/ Roll
Caesar Chicken Salad

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!

We've been expecting you.



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 OR
Grilled Chicken Sandwich
W/K Corn
Fresh Fruit
Chicken Salad w/ Fresh Fruit

Thursday, August 19

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

Lunch
Chicken and Rice OR
Turkey BLT Wrap
Buttered Carrots
Diced Peaches
W/W/ Roll
Chef Salad

Friday, August 20

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

Lunch
Cheese Pizza OR
Cheese Burger
Garden Salad
Fresh Fruit
Ranch Chicken Salad

Monday, August 23

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

Lunch
Chicken BBQ Sandwich OR
Cheese Burger
Baked Potato Wedges
Mixed Fruit Cup
Chef Salad

Tuesday, August 24

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

Lunch
Baked Ziti OR
Ranch Chicken Wrap
Garden Salad
Garlic Bread Sticks
Fresh Fruit
Caesar Chicken Salad

Wednesday, August 25

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

Lunch
Lima Beans and Ham OR
Ham and Cheese Wrap
Turnip Greens
Corn Bread
Fruit Cup
Chicken Salad w/ Fresh Fruit

Thursday, August 26

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

Lunch
Chicken Tetrizzini OR
Cheese Burger
Broccoli/Cauliflower Polonaise
W/W/ Roll
Tropical Fruit
Chef Salad

Friday, August 27

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

Lunch
Pepperoni Pizza OR
Chicken Burger
Garden Salad
Fresh Fruit
Ranch Chicken Salad

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
\$1.00 \$1.00
Elementary Secondary

Lunch
\$1.75 \$2.00
Elementary Secondary

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

Choice of Low Fat or Fat Free Milk Offered Daily

Monday, August 30

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

Lunch
Hot Dog OR
Philly Beef and Cheese Sub
Mac and Cheese
Garden Peas
Flavored Apple Sauce
Chef Salad

Tuesday, August 31

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

Lunch
Turkey and Cheese Sub OR
Buffalo Chicken Wrap
Baked Potato Wedges
Peach Cup
Caesar Chicken Salad

