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Menus for August & September 2011

Altha Middle/High 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
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
Ham and Cheese Sub
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

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	$2.25

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. 5

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

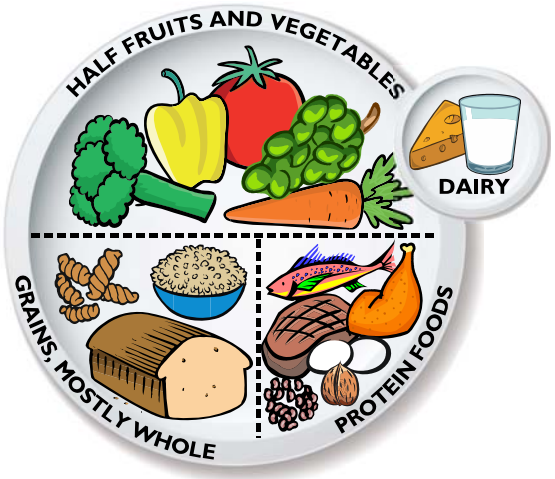
Lunch
Cheese Pizza
Garden Salad
Fresh Fruit

What's on YOUR plate?

Monday, Sept. 12	Tuesday, Sept. 13	Wednesday, Sept. 14	Thursday, Sept. 15	Friday, Sept. 16
Breakfast Sausage and Egg Biscuit Tater Tots OR Assorted Cereal w/ Buttered Toast Assorted Juice	**Breakfast** W/W Pancakes w/ Syrup Linked Sausage OR Assorted Cereal w/ Buttered Toast Assorted Juice	**Breakfast** Grits w/ Ham Cubes Sweet Potato Muffin OR Assorted Cereal w/ Buttered Toast Assorted Juice	**Breakfast** Waffles w/ Syrup Sausage Patty OR Assorted Cereal w/ Buttered Toast Assorted Juice	**Breakfast** Sausage Gravy and Biscuit OR Assorted Cereal w/ Buttered Toast Assorted Juice
Lunch Chicken BBQ Sandwich Baked Potato Wedges Mixed Fruit Cup	**Lunch** Baked Ziti Garden Salad Garlic Bread Stick Fresh Fruit	**Lunch** Grilled Turkey and Cheese Sub Steamed Broccoli Bites w/ Lite Ranch Dressing Fruit Cup	**Lunch** Chicken and Noodles Green Beans W/W Roll Tropical Fruit Cup	**Lunch** Pepperoni Pizza Garden Salad Fresh Fruit

Monday, Sept. 19	Tuesday, Sept. 20	Wednesday, Sept. 21	Thursday, Sept. 22	Friday, Sept. 23
Breakfast Cheese Toast Grits and Ham Cubes OR Assorted Cereal w/ Buttered Toast Assorted Juice	**Breakfast** Waffle w/ Syrup Sausage Patty OR Assorted Cereal w/ Buttered Toast Assorted Juice	**Breakfast** Scrambled Eggs w/ Cheese Grits OR Assorted Cereal w/ Buttered Toast Assorted Juice	**Breakfast** Ham and Cheese Biscuit Potato Tots OR Assorted Cereal w/ Buttered Toast Assorted Juice	**Breakfast** W/W Pancakes w/ Syrup Linked Sausage OR Assorted Cereal w/ Buttered Toast Assorted Juice
Lunch Chicken Nuggets Mashed Potatoes Buttered Carrots W/W Roll Fresh Fruit	**Lunch** Country Fried Steak Rice w/ Gravy Turnip Greens Corn Bread Mixed Fruit	**Lunch** Meat Ball Sub Baked Potato Wedges Diced Pears	**Lunch** Beef Taco Pie Corn on the Cob Diced Peaches	**Lunch** Cheese Pizza Garden Salad Fresh Fruit Home Baked Cookie

Monday, Sept. 26	Tuesday, Sept. 27	Wednesday, Sept. 28	Thursday, Sept. 29	Friday, Sept. 30
Breakfast Sausage and Egg Biscuit Potato Tots OR Assorted Cereal w/ Buttered Toast Assorted Juice	**Breakfast** Scrambled Eggs w/ Cheese Grits OR Assorted Cereal w/ Buttered Toast Assorted Juice	**Breakfast** French Toast Sticks w/ Syrup Link Sausage OR Assorted Cereal w/ Buttered Toast Assorted Juice	**Breakfast** Grits and Ham Cubes Banana Bread Muffin OR Assorted Cereal w/ Buttered Toast Assorted Juice	**Breakfast** Sausage Gravy and Biscuit OR Assorted Cereal w/ Buttered Toast Assorted Juice
Lunch Hot Dog Mac and Cheese Garden Peas Flavored Apple Sauce	**Lunch** Turkey Pot Pie w/ Biscuit Mixed Vegetables Sliced Peaches	**Lunch** Chicken Parmesan w/ Pasta Seasoned Green Beans Bread Stick Tropical Fruit	**Lunch** Pork Riblet Sub Baked Potato Wedges Mixed Fruit Brownie	**Lunch** Stuffed Crust Pizza Garden Salad Fresh Fruit



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