

Dorchester County Breakfast & Lunch Specials-All Schools

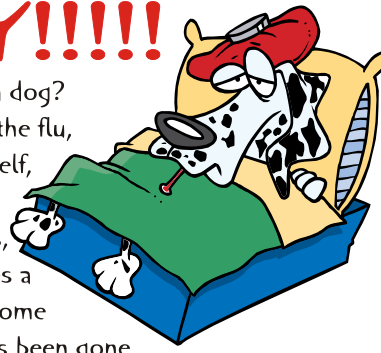


**Menus for
October
2009**

This institution is an equal opportunity provider and employer.

STAY!!!!!!

Feeling sick as a dog? If you think it's the flu, please do yourself, your teachers, your classmates, and their families a favor and stay home until your fever's been gone for at least 24 hours. That's a good boy.



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

Thursday, Oct. 1

BREAKFAST

Fruit
French Toast Sticks (4)
1/2 Pt. Chilled Milk

LUNCH

Cheeseburger on Bun or Burrito
Steamed Corn
Applesauce
1/2 Pt. Chilled Milk

Friday, Oct. 2

BREAKFAST

Fruit Juice
Max Pizza Stick (1)
1/2 Pt. Chilled Milk

LUNCH

Cold Turkey Sandwich or Toasted Cheese Sandwich
Seasoned Green Beans (1/2 c)
Baked Beans (1/4 c)
Frozen Juice Bar (1/4 c)
1/2 Pt. Chilled Milk

IT'S A SLAM DUNK!

**EAT LUNCH
WITH US
EVERY DAY**



**TO DO
YOUR BEST
AT SCHOOL
& PLAY!**



**NATIONAL SCHOOL LUNCH WEEK
OCTOBER 12-16, 2009**

Monday, Oct. 5

BREAKFAST

Fruit
Yogurt
Animal Crackers
1/2 Pt. Chilled Milk

LUNCH

Chicken Tenders W/Wheat Roll or Tuna Salad on Wheat
Baked Potato Rounds
Diced Peaches
1/2 Pt. Chilled Milk

Tuesday, Oct. 6

BREAKFAST

Fruit Juice
Ham, Egg & Cheese Bar
1/2 Pt. Chilled Milk

LUNCH

Pepperoni Pizza or Peanut Butter & Jelly Sandwich
Seasoned Kale
Fresh Fruit
1/2 Pt. Chilled Milk

Wed., Oct. 7

BREAKFAST

Fruit
Cereal
2 oz. Muffin
1/2 Pt. Chilled Milk

LUNCH

Spaghetti W/Meat Sauce & Garden Salad or Chef Salad
Jell-o W/Fruit
Garlic Bread
1/2 Pt. Chilled Milk

Thursday, Oct. 8

BREAKFAST

Fruit Juice
Clovervale Peanut Butter & Jelly Sandwich
1/2 Pt. Chilled Milk

BREAKFAST FOR LUNCH

Sausage Patties (2) or Baked Ham
Pancakes (2) W/Syrup (opt.)
Potato Logs
Fruit Juice
1/2 Pt. Chilled Milk

Friday, Oct. 9

BREAKFAST

Fruit Juice
Whale Crackers
Cheese Wedge
1/2 Pt. Chilled Milk

LUNCH

Fish Fillet on Bun or Corn Dog
Seasoned Peas
Choice of Fruit
Soft Pretzel
W/Mustard Pkg. (opt.)
1/2 Pt. Chilled Milk

Monday, Oct. 12

BREAKFAST

Fruit Juice
Pop Tart
String Cheese
1/2 Pt. Chilled Milk

LUNCH

Stuffed Crust Pizza or Tuna Salad on Wheat
Green Beans
Fresh Fruit
1/2 Pt. Chilled Milk

Tuesday, Oct. 13

BREAKFAST

Fruit
Cereal
Cinnamon Toast (Reg. Sch.)
Whale Crackers (MMFA Sch.)
1/2 Pt. Chilled Milk

LUNCH

Cheese Steak Sub or Chicken Salad on Wheat
Seasoned Kale
Apple Juice
1/2 Pt. Chilled Milk

Wed., Oct. 14

BREAKFAST

Fruit Cup
Bagel (2 oz.)
Cream Cheese
1/2 Pt. Chilled Milk

LUNCH

Chicken Parmesan Over Spaghetti Noodles W/Sauce & Garden Salad or Chef Salad
W/Turkey & Crackers (2 pkgs.)
Jell-o W/Fruit
Wheat Roll
1/2 Pt. Chilled Milk

Thursday, Oct. 15

BREAKFAST

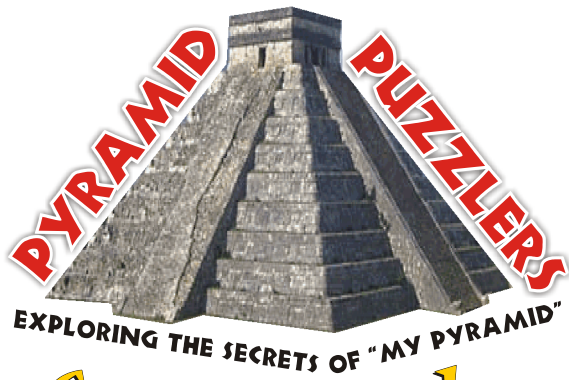
Fruit Juice
Funnel Cake
1/2 Pt. Chilled Milk

LUNCH

Hot Dog on Roll or Egg Roll
Oven Baked Fries
Fruit Salad
1/2 Pt. Chilled Milk

Friday, Oct. 16

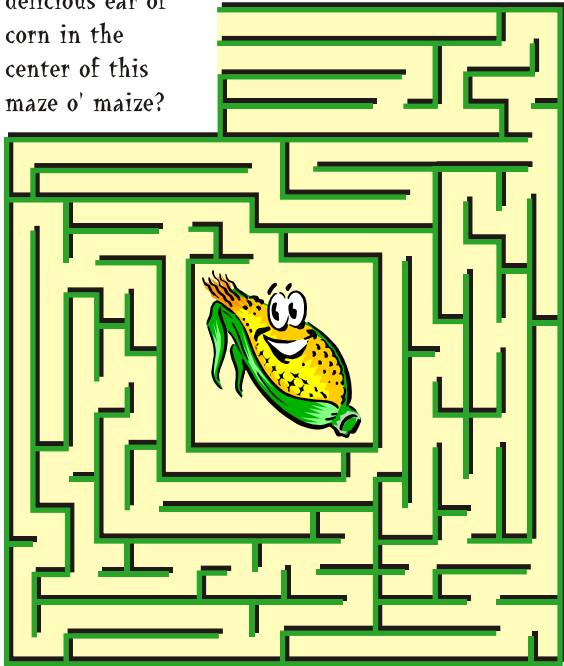
**NO SCHOOL
FOR STUDENTS
AND STAFF
MSTA
CONFERENCE**



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School
Menus

Can you solve the Amazing Maze o' Maize?

People have been growing and eating corn in North America for over 5,000 years! Another name for corn is "maize," and this time of year corn mazes are popular. Can you find your way to the delicious ear of corn in the center of this maze o' maize?



LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML

AMERICAN COUGARS GROW UP TO **8 FEET LONG** AND CAN WEIGH **200 POUNDS**, BUT THEY AREN'T CONSIDERED ONE OF THE "BIG CATS" BECAUSE **THEY CAN'T ROAR**. THE SOUNDS THEY MAKE ARE THE SAME PURRS, SCREAMS, HISSSES, AND LOW-PITCHED GROWLS THAT **DOMESTIC CATS MAKE - ONLY LOUDER!**



STRANGE
BUT TRUE!

| Monday, Oct. 19 | Tuesday, Oct. 20 | Wed., Oct. 21 | Thursday, Oct. 22 | Friday, Oct. 23 |
|---|--|---|--|--|
| <p>NO SCHOOL FOR STUDENTS PROFESSIONAL DEVELOPMENT DAY</p> | <p>BREAKFAST Fruit Cereal 2 oz. Muffin 1/2 Pt. Chilled Milk</p> <p>LUNCH Hamburger on Bun or Tuna Salad on Wheat Baked Beans Fruit Crisp 1/2 Pt. Chilled Milk</p> | <p>BREAKFAST Fruit Yogurt Graham Crackers (2 pkgs.) 1/2 Pt. Chilled Milk</p> <p>LUNCH Ravioli W/Salad or Chef Salad Jell-o W/Fruit Garlic Bread 1/2 Pt. Chilled Milk</p> | <p>BREAKFAST Fruit Juice Clovervale Peanut Butter & Jelly Sandwich 1/2 Pt. Chilled Milk</p> <p>LUNCH Chicken Nuggets W/Roll or Ham Sandwich on Wheat Baked Potato Applesauce 1/2 Pt. Chilled Milk</p> | <p>BREAKFAST Fruit Breakfast Pizza 1/2 Pt. Chilled Milk</p> <p>LUNCH Flying Saucer or Peanut Butter & Jelly Sandwich Green Vegetable Fruit Juice 1/2 Pt. Chilled Milk</p> |
| Monday, Oct. 26 | Tuesday, Oct. 27 | Wed., Oct. 28 | Thursday, Oct. 29 | Friday, Oct. 30 |
| <p>BREAKFAST Fruit Cereal Toast W/Jelly (opt.) (Reg. Sch.) Animal Crackers (MMFA Sch.) 1/2 Pt. Chilled Milk</p> <p>LUNCH Cheese Pizza or Tuna Salad on Wheat Spinach Fresh Fruit 1/2 Pt. Chilled Milk</p> | <p>BREAKFAST Fruit Juice Breakfast Hot Pocket 1/2 Pt. Chilled Milk</p> <p>LUNCH Seafood Nuggets W/Wheat Roll or Chicken Salad on Wheat Oven Baked Fries Fruit Salad 1/2 Pt. Chilled Milk</p> | <p>BREAKFAST Fruit French Toast Sticks (4) 1/2 Pt. Chilled Milk</p> <p>LUNCH Chicken Pot Pie over Biscuit or Burrito Whole White Potatoes Strawberry Cup 1/2 Pt. Chilled Milk</p> | <p>BREAKFAST Fruit Juice Pop Tart Cheese Wedge 1/2 Pt. Chilled Milk</p> <p>LUNCH Homemade Chili Toasted Cheese Sandwich or Bologna Sandwich on Wheat Garden Salad Diced Peaches 1/2 Pt. Chilled Milk</p> | <p>BREAKFAST Fruit Cereal 2 oz. Muffin 1/2 Pt. Chilled Milk</p> <p>LUNCH Cold Turkey Sandwich on Wheat or Corn Dog Seasoned Corn Baked Beans (1/4 c) Frozen Juice Bar (1/4 c) 1/2 Pt. Chilled Milk</p> |