



# Fulton County Elementary School Lunch Menus December 2007

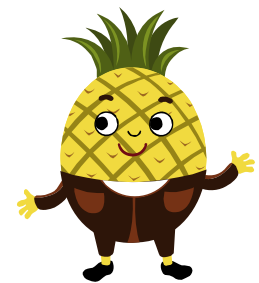
The daily menu is subject to change without advanced notice.



Some of our favorite fresh fruits are sweet, juicy and plentiful during the summer months. Many of these fruits are not as readily available (or as tasty) during the winter. An excellent and convenient alternative to fresh fruit is dried fruit. Dried fruit, like fresh fruit, contains fiber and many vitamins and minerals essential to good health. Enjoy dried fruits as a snack, or add them to salads, breads or your cereal.

The following milk choices are offered daily:  
2%, 1%, Skim,  
Chocolate & Strawberry

3	4	5	6	7
Salsbury Steak w/ Wheat Roll Chicken Nuggets w/ Roll Whipped Potatoes, Broccoli Pineapples, Fresh Orange Chicken Salad Plate Deli Turkey & Cheese Sub Plate	Chicken Noodle Soup w/ Grilled Cheese Hot Dog with Chili Peas & Carrots, Coleslaw Cherry Crisp, Fresh Apple Chicken Tender Salad Plate Yogurt & Cheese Pak	Spaghetti Casserole w/ Wheat Roll Chicken Sandwich Green Beans, Corn Rosy Applesauce, Fresh Banana Tuna Salad Plate Ham & chesse mini pak	Baked Chicken w/ Cornbread Hamburger w/ Lettuce & Tomato Turnip Greens, Oven Fries Baked Sweet Potatoes w/Apples, Fresh Orange Grilled Chicken Salad Plate Pizza Pak	Shrimp Poppers w/ Macaroni & Cheese Cheese Pizza Mexican Corn, Garden Salad Tropical Fruit, Fresh Apple Chef Salad Plate Turkey-Ham & Cheese Wrap Plate
10	11	12	13	14
Ravioli w/ Wheat Roll Chicken Tenders w/ Wheat Roll Broccoli, Garden Salad Peaches, Fresh Orange Chicken Salad Plate Deli Turkey & Cheese Sub Plate	Roasted Turkey w/ Rice & Wheat Roll Hamburger Green Peas, Glazed Carrots Fruit Cocktail, Fresh Apple Chicken Tender Salad Plate Yogurt & Cheese Pak	Meatloaf w/ Cornbread Hot Dog Green Beans, Cole Slaw Spiced Apples, Fresh Banana Tuna Salad Plate Ham & cheese mini pak	Hard Shell Taco w/ Mexican Rice Grilled Chicken Sandwich Corn, Tater Tots, Diced Pears Fresh Orange, Oatmeal Cookie Grilled Chicken Salad Plate Pizza Pak	Fish Shapes w/ Wheat Roll Cheese Pizza Baked Beans, Garden Salad Three-Berry Blend, Fresh Apple Chef Salad Plate Turkey Ham & Cheese Wrap Plate
17	18	19	20	21
Asian Chicken Bites w/ Fried Rice Corn dog Oriental Blend Vegetables, Garden Salad Rosy Applesauce, Oranges Chicken Salad Plate Deli Turkey & Cheese Sub Plate	Beefaroni Pepperoni & Cheese Pizzas Green Beans, California Blend Cherry Crisp, Fresh Apple Chicken Tender Salad Plate Yogurt & Cheese Pak	Vegetable-Beef Soup w/ Grilled Cheese Breaded Chicken Sandwich Tater Tots, Garden Salad Peach Pop, Fresh Banana Tuna Salad Plate Pizza Pak	HOLIDAY	HOLIDAY



**Elementary Meal Prices:**  
Reduced Breakfast.....\$0.30  
Full-Price Breakfast.....\$0.80  
Adult Breakfast.....\$1.30  
  
Reduced Lunch.....\$0.40  
Full-Price Lunch.....\$1.35  
Adult Lunch.....\$2.40



## Have a Safe, Relaxing and Enjoyable Winter Vacation!!



**Non-Discrimination Statement:** The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

**Fulton County  
School Nutrition Program**  
The Meadows  
Operations Center  
5270 Northfield Boulevard  
College Park, Georgia  
30349  
404-669-8960



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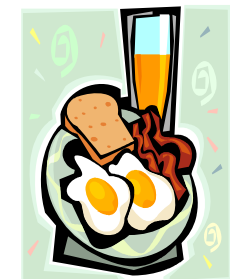
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Reading is fun, helps you to be a better learner and is an excellent way to pass time during the winter holidays. You can go to your local bookstore or simply checkout a book from your school or public library.



<p>3</p> <p>Sausage &amp; Cheese Biscuit with Tri-Taters, Grits Or Frosted Flakes Cereal w/ Toast Orange Juice or Fresh Apple Choice of Milk</p>	<p>4</p> <p>Chicken Biscuit with Oatmeal Or Honey Nut Cereal w/ Bagel Apple Juice or Fresh Banana Choice of Milk</p>	<p>5</p> <p>Turkey-Ham Biscuit with Oatmeal Or Scooters Cereal w/ Toast Grape Juice or Applesauce Choice of Milk</p>	<p>6</p> <p>Whole Grain Waffles Or Honey Nut Cereal w/ Bagel Apple Juice or Fresh Banana Choice of Milk</p>	<p>7</p> <p>Yogurt with Muffin Or Tootie Fruitie Cereal w/ Toast Orange Juice or Fresh Apple Choice of Milk</p>
<p>10</p> <p>Grits, Eggs &amp; Toast Or Frosted Flakes Cereal w/ Biscuit Orange Juice or Fresh Apple Choice of Milk</p>	<p>11</p> <p>Chicken Biscuit with Tri-Tater Or Honey Nut Cereal w/ Bagel Apple Juice or Fresh Banana Choice of Milk</p>	<p>12</p> <p>Egg &amp; Cheese Bagel w/ Oatmeal Or Scooters Cereal w/ Toast Grape Juice or Applesauce Choice of Milk</p>	<p>13</p> <p>Hot Pocket w/ Cheese Or Honey Nut Cereal w/ Biscuit Apple Juice or Fresh Banana Choice of Milk</p>	<p>14</p> <p>French Toast Sticks Or Tootie Fruitie Cereal w/ Toast Orange Juice or Fresh Apple Choice of Milk</p>
<p>17</p> <p>Sausage &amp; Cheese Biscuit with Tri-Taters, Grits Or Frosted Flakes Cereal w/ Toast Orange Juice or Fresh Apple Choice of Milk</p>	<p>18</p> <p>Chicken Biscuit with Oatmeal Or Honey Nut Cereal w/ Bagel Apple Juice or Fresh Banana Choice of Milk</p>	<p>19</p> <p>Turkey-Ham Biscuit with Oatmeal Or Scooters Cereal w/ Toast Grape Juice or Applesauce Choice of Milk</p>	<p>20</p> <p style="color: green; font-weight: bold; font-size: 1.2em;">HOLIDAY</p>	<p>21</p> <p style="color: green; font-weight: bold; font-size: 1.2em;">HOLIDAY</p>

"Education is not the filling of a bucket, but the lighting of a fire."  
  
--W.B. Yeats



Winter Holidays for Students: December 20–January 3



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