

August

2015 Menu

Turner County Schools



FREE!!!

Breakfast
&
Lunch for
ALL Students

<p><u>Monday August 10</u></p>	<p><u>Tuesday August 11</u></p>	<p><u>Wednesday August 12</u></p> <p><u>Breakfast</u> Pancakes/syrup Applesauce Banana Choice of milk</p> <p><u>Lunch</u> WG Corn dog ketchup/mustard Or Pasta salad w/ham California veggies Corn Fresh fruit Strawberries Veggie Bar Choice of milk</p>	<p><u>Thursday August 13</u></p> <p><u>Breakfast</u> Toasted cheese sandwich Orange wedges Apple juice Choice of milk</p> <p><u>Lunch</u> Fish strips/ketchup WG grits Or Chef salad w/ham Cole slaw Baked beans Applesauce Fresh fruit Veggie Bar Choice of milk</p>	<p><u>Friday August 14</u></p> <p><u>Breakfast</u> Steak Biscuit/jelly Apple juice Strawberries Choice of milk</p> <p><u>Lunch</u> Hamburger steak w/gravy Or Chef salad w/ham Cream potatoes WG texas toast Broccoli Apricots Fresh fruit Veggie Bar Choice of milk</p>
<p><u>Monday August 17</u></p> <p><u>Breakfast</u> Toasted cheese sandwich Apple juice Fruit cocktail Choice of milk</p> <p><u>Lunch</u> Pizza WG crust Or Chef salad w/turkey Corn Applesauce Fresh fruit Veggie bar Choice of milk</p>	<p><u>Tuesday August 18</u></p> <p><u>Breakfast</u> Cereal Cinnamon toast Fruit juice Peaches Choice of milk</p> <p><u>Lunch</u> Crispitos Tortilla chips/salsa Or Chef salad w/chicken Garden peas Fresh fruit Pears Veggie bar Choice of milk</p>	<p><u>Wednesday August 19</u></p> <p><u>Breakfast</u> Sausage Biscuit/jelly Apricots Pineapple slices Choice of milk</p> <p><u>Lunch</u> Ham & cheese on WG bread LF mayo Or Chef salad w/ham Oven fries/ketchup Lettuce/tomato Fresh fruit Diced peaches Veggie Bar Choice of milk</p>	<p><u>Thursday August 20</u></p> <p><u>Breakfast</u> Breakfast pizza Applesauce Orange wedges Choice of milk</p> <p><u>Lunch</u> Hot dog/WG bun Ketchup/mustard Or Chef salad w/turkey Cole slaw Baked beans Fresh fruit Pineapple tidbits Veggie Bar Choice of milk</p>	<p><u>Friday August 21</u></p> <p><u>Breakfast</u> French toast sticks/syrup Banana Grape juice Choice of milk</p> <p><u>Lunch</u> Taco salad Salsa Or Chef salad w/ham Green beans Apricots Fresh fruit Veggie Bar Choice of milk</p>

Check out our Wellness policy on our School website:
turner.k12.ga.us

Available daily:
1% milk, Low Fat flavored milk and water.



This year, our menu will again feature regular

Wellness tips, showing how diet, exercise, and

taking care of yourself can help ensure that you

Monday August 24

Breakfast

Breakfast bagel
Orange juice
Applesauce
Choice of milk

Lunch

Hamburger/WG bun
Ketchup/mustard
Or
Chef salad w/turkey
Oven fries
Lettuce/tomato
Fresh fruit
Pineapple tidbits
Veggie Bar
Choice of milk

Tuesday August 25

Breakfast

Grits
Toast /jelly
Apple
Grape juice
Choice of milk

Lunch

Chicken tender/WG roll
LF dipping sauce
Or
Chef salad w/chicken
Broccoli
Strawberries
Fresh fruit
Veggie Bar
Apple
Orange juice
Choice of milk

Wednesday August 26

Breakfast

Blueberry muffin
Cereal
Strawberries
Apple juice
Choice of milk

Lunch

Ham/cornbread
Or
Chef salad w/ham
Turnips
Yam patties
Sliced peaches
Fresh fruit
Veggie Bar
Choice of milk

Thursday August 27

Breakfast

Chicken and biscuit/ jelly
Apricots
Orange wedges
Choice of milk

Lunch

Chicken Fajitas/WG
Tortillas
Salsa or ranch
Or
Chef salad w/chicken
Black Eyed Peas
Brown rice
Pears
Fresh fruit
Veggie Bar
Choice of milk

Friday August 28

Breakfast

Breakfast bites
Apple
Sliced peaches
Choice of milk

Lunch

Pizza WG crust
Or
Chef salad w/turkey
Garden peas
Raisins
Fresh fruit
Veggie bar
Choice of milk

Monday August 31

Breakfast

Cereal
Poptart
Applesauce
Fruit juice
choice of milk

Lunch

Turkey and Cheese/WG
Bread, Mayo/mustard
Or
Chef Salad w/turkey,
Lettuce, Tomato
Sweet Potato
Fruit cocktail
Fresh fruit
Veggie Bar
Choice of milk

National School Lunch Program as required by the Healthy, Hunger-Free Kids Act of 2010. Turner County Elementary, Middle/High Schools will now have a choice of Entre each day. These Turner County School Food Services Menus are Offer Vs Served which means the student must pick up three items with one item being one vegetable or one fruit. The students may choose to get any of the other Vegetables or Fruits. Menu subject to change.

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