

September 2015

Turner County Schools

Breakfast & Lunch Menu



FREE!!!

Breakfast
&
Lunch for
ALL
Students

<p><u>Monday August 31</u></p> <p><u>Breakfast</u> Cereal/Poptart Applesauce Fruit juice Choice of milk</p> <p><u>Lunch</u> 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</p>	<p><u>Tuesday September 1</u></p> <p><u>Breakfast</u> Waffle sticks/syrup Apple Orange juice Choice of milk</p> <p><u>Lunch</u> WG spaghetti w/meat sauce Or Chef salad w/turkey Green beans Sliced pineapple Fresh fruit Veggie Bar Choice of milk</p>	<p><u>Wednesday September 2</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 September 3</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 September 4</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 September 7</u></p>  <p><u>Holiday</u></p>	<p><u>Tuesday September 8</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 September 9</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 September 10</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 September 11</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.



My Try-it Chart

	Fruit/ Veggie	Grain	Main Dish	Other
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

Creative Motivations™

Monday September 14

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 September 15

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
Choice of milk

Wednesday September 16

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 September 17

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 September 18

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 September 21

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

Tuesday September 22

Breakfast

Waffle sticks/syrup
Apple
Orange juice
Choice of milk

Lunch

WG spaghetti w/meat **sauce**
Or
Chef salad w/turkey
Green beans
Sliced pineapple
Fresh fruit
Veggie Bar
Choice of milk

Wednesday September 23

Breakfast

Pancakes/syrup
Applesauce
Banana
Choice of milk

Lunch

WG Corn dog ketchup/mustard
Or
Pasta **salad** w/ham
California veggies
Corn
Fresh fruit
Strawberries
Veggie Bar
Choice of milk

Thursday September 24

Breakfast

Toasted cheese sandwich
Orange wedges
Apple juice
Choice of milk

Lunch

Fish strips/ketchup
WG grits
Or
Chef salad w/ham
Cole slaw
Baked beans
Applesauce
Fresh fruit
Veggie Bar
Choice of milk

Friday September 25

Breakfast

Steak Biscuit/jelly
Apple juice
Strawberries
Choice of milk

Lunch

Hamburger steak w/gravy
Or
Chef salad w/ham
Cream potatoes
WG texas toast
Broccoli
Apricots
Fresh fruit
Veggie Bar
Choice of milk



What foods are in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Based on their nutrient content, vegetables are organized into 5 subgroups: **dark-green vegetables**, **starchy vegetables**, **red and orange vegetables**, **beans and peas**, and

Monday September 28

Breakfast

Toasted cheese sandwich
Apple juice
Fruit cocktail
Choice of milk

Lunch

Pizza WG crust
Or
Chef salad w/turkey
Corn
Applesauce
Fresh fruit
Veggie Bar
Choice of milk

Tuesday September 29

Breakfast

Cereal
Cinnamon toast
Fruit juice
Peaches
Choice of milk

Lunch

Crispitos
Tortilla chips/salsa
Or
Chef salad w/chicken
Garden peas
Fresh fruit
Pears
Veggie Bar
Choice of milk

Wednesday September 30

Breakfast

Sausage Biscuit/jelly
Apricots
Pineapple slices
Choice of milk

Lunch

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

Dark Green vegetables
Red/Orange Vegetables
Legumes
Starchy Vegetables
Other Vegetables

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 Entree 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.

“USDA is an equal opportunity provider and employer”

Eat Smart To Play Hard
Use **MyPlate** to help you fuel up with foods from each food group.

Choose MyPlate.gov

Keep on Moving!
You need at least 60 minutes of physical activity each day. Whether that's skateboarding, kicking a ball, or playing tag, every little bit counts!

FRUITS Fuel Up With Fruits at Meals or Snacks
Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.

VEGETABLES Color Your Plate With Great-Tasting Veggies
Try to eat more dark-green, red, and orange vegetables, and beans and peas.

GRAINS Make at Least Half Your Grains Whole Grains
Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.

PROTEIN Vary Your Protein Foods
Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.

DAIRY Get Your Calcium-Rich Foods
Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.

Know Your "Sometimes" Foods Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.