

AUGUST 2010

MONDAY

TUESDAY

MARION COUNTY ELEMENTARY MENU

WEDNESDAY

THURSDAY

FRIDAY

Welcome Back to School!!!



Breakfast:
Free Students
\$1.25 Adults
Lunch:
\$1.60 Students
\$2.75 Adults

Daily Breakfast Choice: Choice of Entrée or Reduced Sugar WG Cereal, Low-Fat Cheese Snack, Fresh or Canned Fruit, Juice and Milk Variety.

Daily Lunch Choice: One (1) Entrée, Two (2) Fruits or (2) Vegetables or One (1) Fruit and One (1) Vegetable, One (1) Milk and Dessert when offered.

<p>23 Breakfast Breaks</p>	<p>24 Whole Grain Bagel w/Cream Cheese</p>	<p>25 Very Berry Muffin w/ Low-Fat Yogurt</p>	<p>26 Sausage Biscuit</p>	<p>27 MVP Breakfast Bun</p>
<p>Choose 1: WG Stuffed Crust Pizza Wedge *Turkey Hot Dog on Wheat Fresh Deli Shop Wrap w/Baked Chips Choose 2: Seasoned Green Beans Cinnamon Applesauce Choose 1: Chocolate Chip Cookie</p>	<p>Choose 1: Spaghetti w/Meat Sauce & Garlic Breadstick Whole Grain Grilled Cheese Sandwich Yogurt & String Cheese Fruit Plate Choose 2: Garden Side Salad Diced Pears Fresh Seasonal Fruit</p>	<p>Choose 1: *Taco Nachos w/Lettuce, Tomato & Cheese Beef & Bean Burrito Choose 2: Golden Corn, Mandarin Oranges Fresh Seasonal Fruit Choose 1: Spanish Rice</p>	<p>Choose 1: Chicken Nuggets w/Whole Wheat Roll *Turkey & Cheese Sub Chef Salad Meal Choose 2: Pineapple Tidbits Fresh Seasonal Fruit Baby Carrots & Celery Sticks w/Dip</p>	<p>Choose 1: Cheeseburger Chicken Griller on Wheat Fresh Deli Shop Wrap w/Baked Chips Choose 2: Lettuce, Tomato & Pickle Cup Potato Smiles Sliced Peach Cup</p>
<p>30 Breakfast Breaks</p>	<p>31 Mini Whole Grain Pancakes</p>	<p>McIntosh Area School 20400 10th Street P.O. Box 769 McIntosh, FL 32664 Phone (352) 591-9797 - Fax (352) 591-9747</p>		
<p>Choose 1: Whole Grain Galaxy Cheese Pizza Carnival Corndog Fresh Deli Shop Wrap w/Baked Chips Choose 2: Fresh Broccoli w/Shredded Cheese Mixed Fruit Cup Choose 1: Mini Rice Crispy Treat</p>	<p>Choose 1: Creamy Macaroni & Cheese w/Breadstick Honey Rib-B-Q Sandwich Yogurt & String Cheese Fruit Plate Choose 2: Garden Side Salad Rosy Applesauce Fresh Seasonal Fruit</p>			

