

# RUTHERFORD COUNTY ELEMENTARY SCHOOLS LUNCH MENU 2011-2012

**Week 1: Aug 8, 29;  
Sept 19; Oct 10, 31**

**Week 2: Aug 15;  
Sept 5, 26; Oct 17**

**Week 3: Aug 22;  
Sept 12; Oct 3, 24**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PULLED PORK BBQ SANDWICH BAKED CHICKEN PATTY HAM &amp; CHEESE WRAP CHEF SALAD PLATE</p> <p>Mashed Potatoes Steamed Green Beans Apple Slices Light Syrup Mandarin Oranges</p> <p>Whole Wheat Hamburger Bun or Whole Grain Tortilla</p>	<p>TURKEY TACO STEAMED CHICKEN FAJITA CHICKEN SALAD HOAGIE CHEF SALAD PLATE</p> <p>Pinto Beans Steamed Corn Sliced Oranges Light Syrup Sliced Peaches</p> <p>Whole Grain Tostitos, Tortilla or Whole Wheat Hoagie Bun</p>	<p>SPAGHETTI W/ MEAT SAUCE GRILLED CHICKEN PATTY PEANUT BUTTER &amp; JELLY CHEF SALAD PLATE</p> <p>Steamed Baby Carrots Steamed Spinach Whole Banana Light Syrup Diced Pears</p> <p>Whole Wheat Roll or Whole Wheat Bread</p>	<p>BREAKFAST FOR LUNCH CHICKEN &amp; CHEESE BISCUIT SAUSAGE &amp; EGG BISCUIT TUNA SALAD WRAP CHEF SALAD PLATE</p> <p>Oven Baked Tiny Tri Potatoes Fresh Broccoli &amp; Cauliflower Fresh Red or White Grapes Light Syrup Pineapple Tidbits</p> <p>Whole Grain Biscuit or Tortilla</p>	<p>REDUCED FAT CHEESE PIZZA HOT HAM &amp; CHEESE SANDWICH TURKEY HOAGIE CHEF SALAD PLATE</p> <p>Corn on the Cob Tossed Garden Salad Fresh Cantaloupe &amp; Honeydew Light Syrup Tropical Fruit</p> <p>Whole Wheat Hamburger Bun or Whole Wheat Hoagie Bun</p>
<p>TURKEY MINI CORN DOGS HAM/CHEESE WRAP YOGURT W/ LF STRING CHEESE CHEF SALAD PLATE</p> <p>Oven Baked French Fries Steamed Broccoli Spears Sliced Fresh Pear Applesauce</p> <p>Whole Grain Tortilla or Whole Grain Granola</p>	<p>BAKED CHICKEN NUGGETS BBQ BEEF BITES HAM &amp; CHEESE WRAP CHEF SALAD PLATE</p> <p>White Beans Steamed Corn Fresh Strawberries Light Syrup Mixed Fruit</p> <p>Whole Wheat Roll or Whole Wheat Tortilla</p>	<p>BAKED POPCORN CHICKEN BAKED PORK EGG ROLL PEANUT BUTTER &amp; JELLY CHEF SALAD PLATE</p> <p>Steamed Oriental Vegetables Fresh Romaine Tossed Salad Watermelon Chunks Light Syrup Tropical Fruit</p> <p>Brown Rice or Whole Wheat Sandwich Bread</p>	<p>HAMBURGER W/ CHEESE TURKEY HOT DOG TUNA WRAP CHEF SALAD PLATE</p> <p>Oven Baked Potato Smiles Baked Beans Fresh Red Plums Light Syrup Sliced Peaches</p> <p>Whole Wheat Hamburger or Hot Dog Bun or Whole Grain Tortilla</p>	<p>BAKED FISH STICKS OVEN ROASTED CHICKEN TURKEY HOAGIE CHEF SALAD PLATE</p> <p>Fresh Baked Sweet Potato Steamed Green Beans Tangerine Wedges Light Syrup Diced Pears</p> <p>Whole Grain Macaroni &amp; Cheese or Whole Wheat Hoagie Bun</p>
<p>WG TURKEY PEPPERONI BEEF &amp; BEAN BURRITO HAM &amp; CHEESE WRAP CHEF SALAD PLATE</p> <p>Steamed Corn on the Cob Steamed Spinach Apple Slices Frozen Blueberries</p> <p>Whole Grain Tortilla</p>	<p>BAKED CHICKEN TENDERS SALISBURY STEAK CHICKEN SALAD HOAGIE CHEF SALAD PLATE</p> <p>Mashed Potatoes Pinto Beans Whole Banana Light Syrup Pineapple Chunks</p> <p>Whole Wheat Roll or Whole Wheat Hoagie Bun</p>	<p>LASAGNA CHICKEN PARMESAN PEANUT BUTTER &amp; JELLY CHEF SALAD PLATE</p> <p>Fresh Romaine Tossed Salad Fresh Steamed Asparagus Cantaloupe Slices Light Syrup Sliced Peaches</p> <p>Whole Grain Breadstick or Whole Wheat Sandwich Bread Low Fat Frozen Yogurt or 100% Fruit Juice Ice Cream</p>	<p>MEXICAN MACARONI MEATLOAF TUNA WRAP CHEF SALAD PLATE</p> <p>Steamed Fresh Baby Carrots Fresh Baked Potato Fresh Strawberry &amp; Kiwi Light Syrup Mixed Fruit</p> <p>Whole Grain Tortilla or Whole Wheat Roll</p>	<p>SLOPPY JOE SANDWICH GRILLED CHICKEN SANDWICH TURKEY HOAGIE CHEF SALAD PLATE</p> <p>Oven Baked Confetti Fries Steamed Green Beans Sliced Oranges Applesauce</p> <p>Whole Wheat Hamburger Bun or Whole Grain Hoagie Bun</p>

\*\* Menu subject to change based on product availability. This institution is an equal opportunity provider.

## ELEMENTARY MENU PRICES

<b>Student Breakfast</b>	<b>\$1.25</b>	<b>Student Lunch</b>	<b>\$2.00</b>
<b>Adult Breakfast</b>	<b>\$1.50</b>	<b>Adult Lunch</b>	<b>\$2.75</b>
<b>Visitor Breakfast</b>	<b>\$2.00</b>	<b>Visitor Lunch</b>	<b>\$3.00</b>
		<b>Holiday Visitor</b>	<b>\$4.00</b>

## Milk Varieties Offered Daily:

**Fat-Free White**  
**Fat-Free Chocolate**  
**Fat-Free Strawberry**  
**1% Sweet Acidophilus**  
**0.5%A/B Plus**



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