

LUNCH	WEEK 1	Monday STUFFED BREAD STICKS OR SELECT SANDWICH SIDE SALAD HOT VEGETABLE	Tuesday SPAGHETTI OR UNCRUSTABLE TOSSED SALAD BREAD CHOICE	Wednesday MANAGER'S CHOICE OR SELECT SANDWICH BREAD CHOICE POTATO CHOICE FRESH VEGETABLES	Thursday CHICKEN CHOICE OR SUB SANDWICH HOT VEGETABLE POTATO CHOICE BREAD CHOICE	Friday HAMBURGER/OR CHEESEBURGER OR HAM SANDWICH POTATO CHOICE FRESH VEGETABLE
	WEEK 2	BBQ SANDWICH OR SELECT SANDWICH FRESH VEGETABLES POTATO CHOICE	TACO W/ CHEESE OR UNCRUSTABLE SIDE SALAD HOT VEGETABLE	GRILLED CHICKEN OR SUB SANDWICH POTATO CHOICE HOT VEGETABLE BREAD CHOICE	STUFFED CRUST PIZZA OR SELECT SANDWICH TOSSED SALAD HOT VEGETABLE	MANAGER'S CHOICE OR MUNCHABLE VEGETABLE CHOICE
	WEEK 3	CHICKEN CHOICE OR DELI SANDWICH POTATO CHOICE HOT VEGETABLE	PERSONAL PAN PIZZA OR PB&J SANDWICH TOSSED SALAD HOT VEGETABLE	BRUNCH FOR LUNCH (SELECTED MEAT, EGGS, BISCUIT AND GRAVY) OR SELECT ENTREE POTATO CHOICE BAKED APPLES	GRILLED CHEESE OR HOT DOG VEGETABLE CHOICE	MANAGER'S CHOICE OR SELECT SANDWICH BREAD CHOICE VEGETABLE CHOICE
FRUITS IN SEASON AVAILABLE EVERYDAY • A VARIETY OF MILK WILL BE OFFERED DAILY WITH THE MEAL						

Lunch Prices	Daily	Weekly	Monthly
Students, Full Price	\$1.70	\$8.50	\$34.00
Students, Reduced	\$0.40	\$2.00	\$8.00
Adults	\$2.75	\$13.75	\$55.00

Bottled Water . . 60¢
 Extra Milk 60¢

- When more than one entrée is listed, students pick one.
- A Lental entrée will be served each Friday during Lent. Menu is subject to change without notice due to weather problems.
- During the winter months, chili, vegetable soup or chicken noodle soup will be added to the grilled cheese menu.

Elementary 5th grade students will have the choice of a Chef Salad on Tuesday, Wednesday and Thursday each week. The 4th grade students will also be offered this choice starting October 13, 2009.

BREAKFAST	WEEK 1	Monday CEREAL & TOAST OR MUFFIN OR YOGURT & GRAHAM CRACKER OR HOT POCKET/ MEAL BISCUIT OR POP TART	Tuesday CEREAL & TOAST OR MUFFIN OR YOGURT & GRAHAM CRACKER OR BISCUIT & GRAVY OR POP TART	Wednesday CEREAL & TOAST OR MUFFIN OR YOGURT & GRAHAM CRACKER OR EGGS & TOAST OR POP TART	Thursday CEREAL & TOAST OR MUFFIN OR YOGURT & GRAHAM CRACKER OR MANAGER'S CHOICE OR POP TART	Friday CEREAL & TOAST OR MUFFIN OR YOGURT & GRAHAM CRACKER OR MEAT & BISCUIT OR POP TART
	WEEK 2	CEREAL & TOAST OR MUFFIN OR YOGURT & GRAHAM CRACKER OR PANCAKE / FRENCH TOAST OR POP TART	CEREAL & TOAST OR MUFFIN OR YOGURT & GRAHAM CRACKER OR BISCUIT & GRAVY OR POP TART	CEREAL & TOAST OR MUFFIN OR YOGURT & GRAHAM CRACKER OR EGGS & TOAST OR POP TART	CEREAL & TOAST OR MUFFIN OR YOGURT & GRAHAM CRACKER OR MANAGER'S CHOICE OR POP TART	CEREAL & TOAST OR MUFFIN OR YOGURT & GRAHAM CRACKER OR MEAT & BISCUIT OR POP TART

Breakfast Pricing	Daily	Weekly	Monthly
Students, Full Price	\$1.20	\$6.00	\$24.00
Students, Reduced	\$0.30	\$1.50	\$6.00
Adults	\$1.75	\$8.75	\$35.00

AUGUST				
M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

SEPTEMBER				
M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

OCTOBER				
M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

NOVEMBER				
M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

DECEMBER				
M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

JANUARY				
M	T	W	Th	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

FEBRUARY				
M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

MARCH				
M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

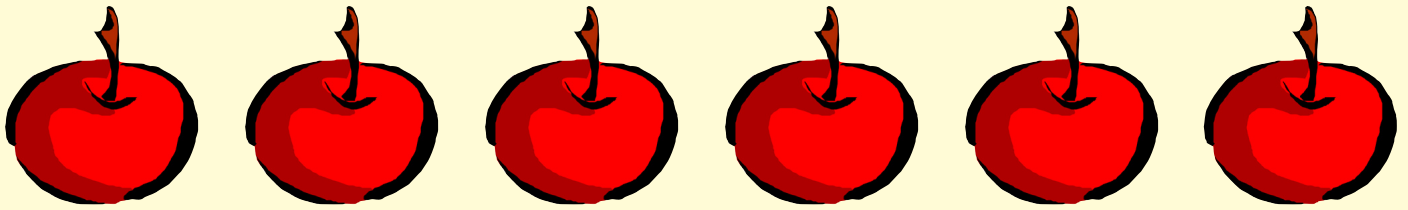
APRIL				
M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

MAY				
M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

Out of School				
WEEK 1				
WEEK 2				
WEEK 3				

2009 - 2010

BRECKINRIDGE COUNTY ELEMENTARY MENU



“We Think FOOD Because Children Can’t Think Without It!”

Children who are hungry find it hard to stay alert and participate in their classroom experiences. The Breckinridge County Board of Education encourages all children to participate in the Lunch and Breakfast programs offered at each school.

School meals are planned to provide 1/3 of the recommended dietary allowances for school-age children. Menus are planned to include a variety of choices, and changes have been made in food specifications and preparation to lower sodium, fat and sugar in school meals. This is a gradual process that requires the cooperative effort of students, schools and the community at large.

Feel better today. Stay healthy for tomorrow.

Here’s how:

- Make smart choices from every food group.
- Find your balance between food and physical activity.
- Get the most nutrition out of your calories. The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day.

A healthy eating plan is one that:

- Emphasizes fruits, vegetable, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in as food with the calories you expend each day. Children and teenagers should be physically active for 60 minutes every day, or most every day.

Free & Reduced Price Meals

To apply for free or reduced price meal benefits, complete a family application, which is available in your school’s cafeteria or from the Office of the Food Service Director in the Board Office 756-3007.

For information on Substitute Food Service positions please call Brenda Morgan at 756-3007 from 8:00-4:00 CST.

Managing your student's
meal account just got easier...



Go to: www.mealpay.com and register to view or pay your child's account.

ELEMENTARY FOOD SERVICE MANAGERS

HES - Nettie Parker - 756-3023
IES - Sandy Carden - 756-3053
BJES - Nancy Butler - 756-3073
CES - Carlotta Lyons - 756-3043

Upon receiving two checks returned for insufficient funds, the District Food Service Dept. will notify parents by mail that they will be required to make cash payments for meals for the remainder of the 2009-2010 school year.