

## Hamilton County Menu October 2011

Monday - October 3	Tuesday - October 4	Wednesday - October 5	Thursday - October 6	Friday - October 7
Sausage Biscuit or Plain Biscuit / Jelly	Breakfast Pizza (For all Breakfasts, see additional choices below)	Chicken Biscuit or Plain Biscuit / Jelly	Sausage Pups (3)	  <b>No Students Today</b>
Pulled Pork BBQ / Bun <u>OR</u> Deluxe Sub Sandwich Homestyle Baked Beans Potato Wedges Creamy Cole Slaw Assorted Fresh / Chilled Fruit Low-Fat <u>OR</u> Fat Free Milk Choices	WG Corn Dog Minis (6) <u>OR</u> Chicken Stir Fry / Chow Mein Noodles Steamed Brown Rice Oriental Mixed Vegetables Fresh Veggie Dippers Assorted Fresh / Chilled Fruit Lowfat <u>OR</u> Fat Free Milk Choices	Cheese or Pepperoni Pizza <u>OR</u> Chicken Fajita / Trimmings California Blend Vegetables Whole Kernel Corn Assorted Fresh / Chilled Fruit Lowfat <u>OR</u> Fat Free Milk Choices	Mini Chicken Sandwiches (2) <u>OR</u> Crispy Fish Strips / Corn bread Steamed Broccoli Potato Rounds Assorted Fresh / Chilled Fruit Lowfat <u>OR</u> Fat Free Milk choices	
Monday - October 10	Tuesday - October 11	Wednesday - October 12	Thursday - October 13	Friday - October 14
Pancake on a Stick	Scrambled Eggs Toast / Jelly	Sausage or Plain Biscuit / Jelly	French Toast Sticks (3)	Steak Biscuit or Plain Biscuit / Jelly
Homemade Meatloaf <u>OR</u> Traditional or Spicy Chicken Strips Whole Grain Roll Seasoned Green Beans Creamed Potatoes Assorted Fresh / Chilled Fruit Lowfat <u>OR</u> Fat Free Milk Choices	Sliced Turkey & Gravy <u>OR</u> Manager's Choice Sweet Duchess Roll Steamed Broccoli Sweet Potato Casserole Assorted Fresh / Chilled Fruit Lowfat <u>OR</u> Fat Free Milk Choices	Taco Salad / Trimmings <u>OR</u> Traditional or Spicy Chicken Patty / Bun / Trimmings California Blend Vegetables Refried Beans Assorted Fresh / Chilled Fruit Lowfat <u>OR</u> Fat Free Milk Choices	Chicken Nuggets <u>OR</u> Tuna Salad Sandwich Whole Kernel Corn Garden Fresh Side Salad Assorted Fresh / Chilled Fruit Lowfat <u>OR</u> Fat Free Milk Choices	Hamburger / Bun / Trimmings <u>OR</u> BBQ Chicken Drumstick / Mozzarella Stuffed Breadstick French Fries Glazed Carrot Coins Assorted Fresh / Chilled Fruit Lowfat <u>OR</u> Fat Free Milk Choices
Monday - October 17	Tuesday - October 18	Wednesday - October 19	Thursday - October 20	Thursday - October 21
Enjoy	Your		Fall	Break
Monday - October 24	Tuesday - October 25	Wednesday - October 26	Thursday - October 27	Friday - October 28
Pancake on a Stick	Scrambled Eggs Toast / Jelly	Sausage or Plain Biscuit / Jelly	French Toast Sticks (3)	Steak Biscuit or Plain Biscuit / Jelly
Spaghetti w/ Meat Sauce <u>OR</u> Manager's Choice WG Garlic Breadstick Garden Fresh Side Salad Cinnamon Apples Assorted Fresh / Chilled Fruit Lowfat <u>OR</u> Fat Free Milk Choices	WG Soft Taco / Trimmings <u>OR</u> Traditional or Spicy Chicken Patty / Bun / Trimmings California Blend Vegetables Marinated Black Bean Salad Assorted Fresh / Chilled Fruit Lowfat <u>OR</u> Fat Free Milk Choices	Country Style Steak & Gravy <u>OR</u> Chicken Nuggets Whole Grain Roll Seasoned Green Beans Creamed Potatoes Assorted Fresh / Chilled Fruit Reduced Fat <u>OR</u> Fat Free Milk Choices	Traditional or Spicy Chicken Strips <u>OR</u> Sloppy Joe Sandwich Steamed Peas & Carrots Garden Fresh Side Salad Assorted Fresh / Chilled Fruit Lowfat <u>OR</u> Fat Free Milk Choices	Hamburger / Bun / Trimmings <u>OR</u> Macaroni & Cheese w/ Ham Steamed Broccoli French Fries Assorted Fresh / Chilled Fruit Lowfat <u>OR</u> Fat Free Milk Choices
		Birthday Celebration Dessert		Half Day for Students
Monday - October 31	 <b>Healthier Trick or Treat Trail Mix</b>			
Sausage Biscuit or Plain Biscuit / Jelly	1 cup of pretzel sticks or mini pretzel twists 1 cup of reduced-fat cheese crackers (such as Reduced Fat Cheese Nips) 1 cup lightly salted roasted or party peanuts (or similar nut) 1 cup orange or black dried fruit (raisins or dried apricots or 1/2 cup Halloween M&Ms (optional) Combine all the ingredients in a big bowl and toss to mix Use a 1/2 cup measure to scoop out 1/2 cup of the mixture		<b>Additional Breakfast Choices Served Every Day</b> 4 oz. Yogurt/ Toast 4 oz. Yogurt / Graham Crackers Reduced Sugar or Whole-grain Cereal with Toast Peanut Butter Entrées	<b>Additional Lunch Choices Served Every Day</b> 8 oz. Yogurt W/ optional Graham Crackers Peanut Butter & Jelly Sandwich Grab & Go Salads Choice of Low-Fat <u>OR</u> Fat Free Milk

**Breakfast:** Prices - Paid (Pre-K-12) ~ \$1.25; Reduced (Pre-K-12) ~ \$0.30; HCDE Employees ~ \$1.75; Visitors ~ \$2.50.

**Breakfast is not served at ALL schools.** A choice of Assorted 100% Fruit Juice and Assorted milkfat choices will be offered daily. A choice of Yogurt w/ Graham Crackers OR Cereal w/ Toast OR Peanut Butter entrées may also be offered.

**Lunch:** Prices - Paid (Pre-K-12) ~ \$2.50; Reduced (Pre-K-12) ~ \$0.40; HCDE Employees ~ \$3.25; Visitors \$4.25; Customers have a choice of one entrée, choice of any two (2) vegetables or fruit servings, a bread serving and a milk at the unit cost (total of five (5) items). Two items may be declined, but at the same unit cost according to the Hamilton County Offer vs Serve Policy. Fruit is not considered to be a dessert. Assorted milkfat choices will be offered daily. Other daily entrées may include Peanut Butter & Jelly Sandwich, Assorted Grab & Go Meals or Yogurt w/ Optional Graham Crackers. Garden Fresh Side Salads and/or Veggie Dippers may be added daily. Middle and High Schools may have additional entrées, a variety of potatoes and Ala Carte items (Examples: Pizza, Grab & Go's). **MENUS ARE SUBJECT TO CHANGE**

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