

Alachua County School Food and Nutrition Services
Middle/High School January 2008 Menu
Fresh Fruit Offered Daily

Monday 1/7	Tuesday 1/8	Wednesday 1/9	Thursday 1/10	Friday 1/11
Fruit Jc & Choice of Lowfat/FF Milk Eggs & Grits or Assorted Cereal w/ WW Toast & Jelly ----- Orange(or Teriyaki) Chicken & Rice Whole Wheat Roll w/jelly Steamed Broccoli Chilled Mixed Fruit Cup Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Turkey Breakfast Stick or Assorted Cereal w/ Cheese Toast ----- Salisbury Steak (or Meatloaf) Mashed Potatoes w/Gravy Whole Wheat Roll w/jelly Seasoned Greens (or Green Beans) Chilled Orange Wedges Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Cinnamon Roll or Assorted Cereal w/ WW Toast & Jelly ----- Baked Potato(or Taco) Bar Graham Crackers Chilled Rosy Pears Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat /Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk French Toast w/Syrup or Assorted Cereal w/English Muffin & Jelly ----- Baked Chicken(or Chicken Patty) Whole Wheat Roll w/jelly Steamed Carrots(or Green Beans) Chilled Pineapple Tidbits Salad Plate or Sandwich (Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat /FF Milk Turkey Sausage Patty w/Biscuit or Ass. Cereal w/ WW Toast & Jelly ----- Fish Wedge and Grits (or Ham w/Macaroni & Cheese) Cornbread(w/honey) Seasoned Greens Chilled Peach Cup Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk
Monday 1/14	Tuesday 1/15	Wednesday 1/16	Thursday 1/17	Friday 1/18
Fruit Jc & Choice of Lowfat/FF Milk Waffle Sticks w/Syrup or Assorted Cereal w/Cinnamon Toast ----- Turkey(or Chicken) & Rice (or Turkey, Mashed Potato & Gravy) Whole Wheat Roll w/jelly California Blend Fruited Crisp Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Strawberry Banana French Toast Sticks or Assorted Cereal w/ Cheese Toast ----- Beef-a-roni (or Spaghetti) Garlic Breadsticks Tossed Salad w/Dressing & croutons Chilled Peach Cup Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat /Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Egg Patty w/Biscuit and jelly or Assorted Cereal w/Biscuit & Jelly ----- Popcorn Chicken(or Ch. Nuggets) Bowl Green Beans WW Roll w/jelly Chilled Rosy Applesauce Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Pancake Pup w/Syrup or Assorted Cereal w/WW Cheese Toast ----- Loaded Potato w/Turkey Ham, Cheese Sauce, & Sour Cream Ww Roll (Crackers)w/ jelly Steamed Broccoli Chilled Apple Wedges Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat /Fat Free Milk	Pupil Holiday

() Manager may substitute. Other food items may also be offered. **All menus subject to change.**

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Middle/High School Menus
Fresh Fruit Offered Daily

Monday 1/21	Tuesday 1/22	Wednesday 1/23	Thursday 1/24	Friday 1/25
Martin Luther King, Jr. Birthday Holiday	Fruit Jc & Choice of Lowfat/FF Milk Eggs w/Grits or Assorted Dry Cereal w/WW Toast & Jelly <hr/> Taco Salad w/Dressing (or Cheese Tortilla Rolls) Salsa, Fat Free/LF Sour Cream Mexicorn Corn (Corn on Cob) Chilled Orange Wedges Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Turkey Sausage & Biscuit or Assorted Dry Cereal w/WW Biscuit & Jelly <hr/> BBQ Chicken or BBQ Pulled Pork on WW Bun Steamed Carrots Blue Bell Cherry Freeze Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Sweet Potato Muffin or Assorted Dry Cereal w/WW Toast & Jelly <hr/> Lasagna Garlic Breadstick Seasoned Green Beans Chilled Pears Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Waffle Sticks w/Syrup or Assorted Dry Cereal or Graham Crackers <hr/> Pizza (or Grilled Cheese sandwich w/Tomato Soup) Tossed Salad w/Dressing Chilled Rosy Applesauce Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk
Monday 1/28	Tuesday 1/29	Wednesday 1/30	Thursday 1/31	Friday
Fruit Jc & Choice of Lowfat/FF Milk Turkey Canadian Bacon w/Biscuit or Assorted Dry Cereal w/Cheese Toast <hr/> Pig's in a Blanket(or Chicken Nuggets) Coleslaw Baked Fries(or Baked Beans) Chilled Pineapple Tidbits Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Pancake Pup w/Syrup or Assorted Dry Cereal w/WW Toast & Jelly <hr/> Turkey Tetrzzini (or Turkey Pot Pie or Turkey & Mashed Potato & Gravy) WW Roll w/ Jelly Steamed Carrots Chilled Apple Wedges Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Cinnamon Raisin Biscuit or Assorted Dry Cereal w/Cinnamon Toast <hr/> Chili con Carne over Rice(or Grilled Cheese Sandwich w/Minestrone Soup) Garden Salad w/Salad Dressing Chilled Pears Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Waffles w/Syrup or Assorted Dry Cereal w/Graham Crackers <hr/> Country Beef Steak Mashed Potatoes w/Gravy Whole Wheat Roll w/jelly Seasoned Greens (or Green Beans) Red Gelatin w/ Peaches Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	

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