

# Monroe County School Lunch Menu

**Elementary / Middle School  
August Through January 2011**

**MONDAY** 

**TUESDAY** 

**WEDNESDAY** 

**THURSDAY** 

**FRIDAY** 

<b>Deli Shop</b> 	Turkey Breast & Cheese Sandwich meal includes vegetable, fruit & milk	Chicken Ranch Wrap meal includes vegetable, fruit & milk	Homemade Egg* Salad Sandwich meal includes vegetable, fruit & milk	Veggie Ranch Wrap* meal includes vegetable, fruit & milk	Ham & Cheese Sandwich meal includes vegetable, fruit & milk
<b>Light Bites</b> 	Ham Chef Salad Plate Yogurt Combo Meal* plate or meal includes crackers, fruit & milk	Garden Salad Plate* Yogurt Combo Meal* plate or meal includes crackers, fruit & milk	Tuna Salad Plate Yogurt Combo Meal* plate or meal includes crackers, fruit & milk	Turkey Chef Salad Plate Yogurt Combo Meal* plate or meal includes crackers, fruit & milk	Chicken Salad Plate Yogurt Combo Meal* plate or meal includes crackers, fruit & milk
<b>Daily Classics</b> 	Creamy Peanut Butter & Grape Jelly Sandwich* meal includes vegetable, fruit & milk				
<b>Student Favorites</b>   	8/23, 9/13, 10/4, 10/25, 11/15, 12/6, 1/10 Chicken Patty on Bun Sliced Carrots meal includes fruit & milk	8/24, 9/14, 10/5, 10/26, 11/16, 12/7, 1/11 Beef-A-Roni Green Beans meal includes fruit & milk	8/25, 9/15, 10/6, 10/27, 11/17, 12/8, 1/12 Hot Dog on Bun 4-Way Mixed Vegetables meal includes fruit & milk	9/16, 10/7, 10/28, 11/18★, 12/9, 1/13 Baked Chicken w/Roll Mashed Potatoes & Gravy meal includes fruit & milk	9/17, 10/8, 10/29*NS, 11/19, 12/10, 1/14 Cheese* or Pepperoni Pizza Seasoned Corn meal includes fruit & milk
	10/11NS*, 11/1, 11/22, 12/13, 1/17NS* Hamburger on Bun Tator Tots meal includes fruit & milk	8/31, 9/21, 10/12, 11/2, 11/23, 12/14, 1/18 Chicken Parmesan Egg Noodles Capri Style Vegetables meal includes fruit & milk	9/22, 10/13, 11/3, 11/24NS*, 12/15★, 1/19 Taco w/Lettuce, Cheese, Salsa Steamed Rice Refried Beans meal includes fruit & milk	9/23, 10/14, 11/4, 11/25 NS*, 12/16, 1/20 Cheesy Baked Ziti* California Blend Vegetables meal includes fruit & milk	9/24, 10/15, 11/5, 11/26 NS*, 12/17, 1/21 Chicken Nuggets w/Roll Scalloped Potatoes Spinach meal includes fruit & milk
	9/27, 10/18, 11/8, 11/29, 1/3NS, 1/24 Key's Famous Sloppy Joe w/bun 4-Way Mixed Vegetables meal includes fruit & milk	9/7, 9/28, 10/19, 11/9, 11/30, 1/4MC, 1/25 Spaghetti & Meat Sauce Seasoned Broccoli meal includes fruit & milk	9/8, 9/29, 10/20, 11/10, 12/1, 1/5, 1/26 Grilled Cheese Sandwich Baked French Fries meal includes fruit & milk	9/9, 9/30, 10/21, 11/11 NS*, 12/2, 1/6, 1/27 Bar-B-Que Chicken w/Roll Baked Beans Corn on the Cob meal includes fruit & milk	9/10, 10/1, 10/22, 11/12, 12/3, 1/7, 1/28 Crispy Baked Fish Patty Macaroni & Cheese Peas & Carrots meal includes fruit & milk

*Parents ~ prepaying for meals online is quick and easy just go to [www.mealpayplus.com](http://www.mealpayplus.com)*

*Students K-5 \$2.25, 6-12 \$2.50 – Reduced All Grades .40 – Adults \$3.50*

Milk choices available daily may include; 1% white, ½ % chocolate, ½ % strawberry  
(★) Indicates **Holiday Meal** with all the trimmings will be offered instead of the regular menu item.  
MCS D meals meet or exceed USDA guidelines for healthy school meals.  
Menu subject to change due to availability of product.  
(\*) Indicates vegetarian item.  
(NS\*) Indicates No School. January 4 menu is a Manager's Choice indicated by MC.

**CHECK OUT THE BREAKFAST ZONE** 