

Mitchell County Schools Lunch Menu

123 August 2011

Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	<h2>A La Carte</h2> <p>Students Succeed with School Meals: The Healthy Low-cost Choice</p> <p>School meals are the healthy choice because they meet the Dietary Guidelines for Americans. They are the low-cost choice because the Child Nutrition Programs receive USDA-reimbursement for a portion of the cost of meals, receive and use commodity foods, and do not make a profit.</p> <p>As an adult family member, you can support North Carolina school meals by:</p> <ul style="list-style-type: none"> □ Promoting school meals as the healthy, low-cost choice. □ Eating school meals with your children. □ Being a role model for children by eating smart and moving more. □ Educating children on how to eat smart and move more. <h2>School News</h2> <p>Menus are subject to change due to weather, calendar changes, product availability, and/or deliveries.</p> <p><small>*In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Ave. SW, Washington, D.C. 20250-9410 or call (800)795-3272 or (202)720-6382. USDA is an equal opportunity provider and employer.*</small></p>
8 Welcome Back!	9 Pizza PB & Jelly SW Corn Tossed Salad Peaches Milk Choice	10 HB Steak w/ Gravy, Roll Pintos, Corn Bread Mashed Potatoes Steamed Cabbage Applesauce Milk Choice	11 Chicken Taco, Salsa Fish Nuggets, Corn Bread Cole Slaw Green Beans Pineapples Milk Choice	12 BBQ Chicken Fajita, Salsa Broccoli Glazed Carrots Mixed Fruit Milk Choice	
15 Hot Dog, Chili Chicken Filet French Fries Baked Beans Blueberries Milk Choice	16 Rib-B-Que Taco Salad Cheesy Potatoes Green Peas Mandarin Oranges Milk Choice	17 Macaroni & Cheese, Roll Meatball Sub Vegetarian Beans Carrot Sticks Peaches Milk Choice	18 Baked Ham, Biscuit Beanie Weenies, Crackers Green Beans Mashed Potatoes Pears Milk Choice	19 Tuna Salad, Crackers Turkey & Cheese Wrap Tossed Salad Baked Potato Tropical Apples Milk Choice	
22 Pizza PB & Jelly SW Corn Tossed Salad Peaches Milk Choice	23 Ham & Cheese SW Nacho's w/ cheese Green Beans Glazed Carrots Apple Crisp Milk Choice	24 Turkey & Gravy Pintos, Corn Bread Mashed Potatoes Steamed Cabbage Applesauce Milk Choice	25 Taco's, Salsa Stromboli Baked Potato Raw Veggies Mandarin Oranges Milk Choice	26 Hamburger Fish Filet SW French Fries Broccoli Pineapples Milk Choice	
29 Hot Dog, Chili BBQ French Fries Cole Slaw Blueberries Milk Choice	30 Grilled Cheese Pizzaburger Green Peas Au Gratin Potatoes Applesauce Milk Choice	31 Macaroni & Cheese, Roll Meatball Sub Vegetarian Beans Carrot Sticks Peaches Milk Choice			