

# Mitchell County Schools Lunch Menu

# AUGUST 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 <i>Welcome Back!</i>	6 Pizza PB & Jelly SW Corn Steamed Broccoli Blueberries Milk Choice
9 Rib-B-Que Chicken Nuggets, Roll Cole Slaw Green Peas Fresh Fruit Milk Choice	10 Lasagna, Roll Turkey & Cheese Wrap Tossed Salad California Blend Veg. Apple Crisp Milk Choice	11 Pinto Beans, Corn Bread HB Steak w/ Gravy, Roll Mashed Potatoes Steamed Cabbage Applesauce Milk Choice	12 Meatball Sub Macaroni & Cheese, Roll Green Beans Glazed Carrots Pears Milk Choice	13 Chicken Fajita, Salsa Hamburger, Bun Green Peas Baked French Fries Peach Cups Milk Choice
16 Pizza PB & Jelly SW Tossed Salad Corn Fresh Fruit Milk Choice	17 Taco, Salsa Chicken Stir Fry, Roll Steamed Broccoli Carrot Sticks Peaches Milk Choice	18 Spaghetti, Roll Cheese Quesadilla's, Salsa Tossed Salad Pineapple Milk Choice	19 Chicken Filet, Bun BBQ, Bun Cole Slaw Vegetarian Beans Mandarin Oranges Milk Choice	20 Baked Ham, Biscuit Tuna Salad, Crackers Green Beans Baked Potato Mixed Fruit Milk Choice
23 Hot Dog, Chili Ham & Cheese Wrap Cole Slaw Cheesy Potatoes Steamed Broccoli Blueberry Crisp Milk Choice	24 Beenie Weenies, Crackers Macaroni & Cheese, Roll Green Peas Glazed Carrots Applesauce Milk Choice	25 Pinto Beans, Corn Bread HB Steak w/ Gravy, Roll Mashed Potatoes Steamed Cabbage Pears Milk Choice	26 Corn Dog Turkey & Cheese SW Baked Potato Tots California Blend Veg. Blueberries Milk Choice	27 Grilled Cheese Chicken Salad, Crackers Raw Veggies Green Beans Peaches Milk Choice
30 Pizza PB & Jelly SW Tossed Salad Corn Pineapples Milk Choice	31 Chicken Filet Meat loaf, Roll Mashed Potatoes Carrot Sticks Mandarin Oranges Milk Choice			

### Students Succeed with School Meals: The Healthy Low-cost Choice

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.

As an adult family member, you can support North Carolina school meals by:

- 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.

Menus are subject to change due to weather, calendar changes, product availability, and/or deliveries.

\*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.\*

### Did You Know?

**There are more stars in the universe than grains of sand on all the beaches in the world.**

