

# What's for Breakfast?

## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Choose 1 Entree:</b> Breakfast Pizza Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> Biscuits, Gravy Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> Cinnamon Rolls Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> Pancake &amp; Sausage on a Stick Syrup Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> Ham Egg Patty American Cheese Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety</p>
<p><b>Choose 1 Entree:</b> English Muffins Egg Patty American Cheese Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> BB Muffin Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> Scrambled Eggs Hash Brown Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> Breakfast Pizza Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> French Toast Sticks Syrup Ham Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety</p>
<p><b>Choose 1 Entree:</b> Breakfast Pizza Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> Breakfast Burrito Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> Biscuits Gravy Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> Pancake &amp; Sausage on a Stick Syrup Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> Ham Egg Patty American Cheese English Muffins Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety</p>
<p><b>Choose 1 Entree:</b> Hot Pocket Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> Egg Omelet Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> Waffles Syrup Ham Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> Bagels, Cinnamon Cream Cheese Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety</p>	<p><b>Choose 1 Entree:</b> Scrambled Eggs Hash Brown Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety</p>

ALL MEALS WILL INCLUDE MILK.

### School Breakfast...The First Step to Learning

Children who are hungry find it hard to stay alert and participate in their classroom activities. The school breakfast program helps close the "readiness gap" with nutritious food in a cost-effective manner before classes begin.

Breakfast prices	Daily	Weekly	Two Weeks
Students, Paid	1.00	5.00	10.00
Students, Reduced	.30	1.50	3.00
Adults	1.25	6.25	12.50

### Special Dietary Needs:

If your child(ren) have needs for a special diet, your family physician must complete, with signature, a Special Dietary Needs Form. You may obtain this form from your school food service manager. The completed form is to remain on file in the office of the school food service manager.



Valley Wholesale Foods, Inc.

### Free and Reduced Meals

To apply for free or reduced priced meals, complete a "Household Application," which is available from your child's school. You will be notified if your child qualifies for free, reduced or paid meals. If at any time during the school year your income changes, you may apply for free or reduced meals.

Your eligibility may be checked by school officials at any time during the school year. You may also be asked to send information to prove that your child should get free or reduced price meals.

### To contact us:

Greenup County Schools Nutrition Services  
 "Nutrition is our mission."  
 Scott P. Burchett, Nutrition Director  
 Diana C. McCabe, Assistant  
 45 Muskeeter Drive • Greenup, KY 41144  
 (606) 473-9810 • diana.mccabe@greenup.kyschools.us

# Greenup County Schools Nutrition Services 2011/2012



Menus and School Calendar



July	August - 15	September - 21																																																																																																																																																			
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**Pror Dev - No students**  
 Non-Flexible Flexible  
 August 8, 9 November 23  
 January 2 December 21  
 February 20 December 23

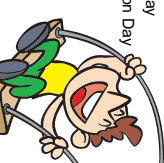
**Break Days and No school**  
 Thanksgiving Break November 24-2  
 Christmas Break December 22- December 30  
 Spring Break April 5 and 6

**Holiday - No school**  
 September 5  
 November 24  
 January 16

**Opening/Closing - No students**  
 August 10

**Other - No School**  
 November 8 - Election Day  
 May 22 - Primary Election Day

This institution is an equal opportunity provider.



Argillite Elementary  
 Mckell Elementary

Greysbranch Elementary  
 Wurtland Elementary

# What's for Lunch?

## 2011-2012 Greenup County Elementary Schools Breakfast and Lunch Selections

Lunch Prices	Daily	Weekly	Two Weeks
All students, full paid	1.75	8.75	17.50
Students, reduced pay	.40	2.00	4.00
Adults	3.00	15.00	30.00
Meal Prices are Subject to Change			

Students may charge only 5 days. Charges are discouraged except in emergencies. Pre-payments accepted. **Adults may not charge at any time.**

Students may choose one of the two entrée items as well as at least one item from each of the other food groups.

School lunches are planned to provide 1/3 of recommended dietary allowances for school-age children. In Greenup County, elementary students are encouraged to select a complete lunch, however, under the "Offer vs. Serve" regulation they are allowed to select three, four, or five items. Menus are planned to include a variety of choices, and changes have been made in food specifications and preparation to lower sodium, fat and sugar in school meals.

**Offer vs. Serve** is implemented in all schools:

- Lunch:** Choose 3...No Less!  
Choose 4...That's More!  
Choose 5...That's Best!
- Breakfast:** Choose 3 or 4...So you won't snore!

Menus are subject to change without notice due to school cancellation or food availability.

A LA CARTE ITEMS	
Breakfast Breads.....	.35
Breakfast Entrées.....	\$.07/75
Breakfast Meats.....	.25
Lunch Entrée (1 item).....	1.00
Lunch Entrée (2 items).....	1.25
Soup or Potato Selection.....	.75
Lunch Breads.....	.35
Lunch Desserts.....	.25
Vegetables.....	.50
Milk.....	.35
Juice/Water.....	.50
Other Misc. Items at Various Prices	

### Mom and Dad, You're Invited!

Please join your children for lunch at School!  
We'd love to have you, and we know your kids would, too.  
To be sure we have enough food for everyone, let the school office know when you'll be joining us.  
The Adult meal price is \$3.00. We look forward to seeing you.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose 1 Pizza Hamburger Choose 2 P L O T French Fries Corn Everyone Gets One of Each CC Cookie Milk Ketchup & Mustard	Choose 1 Pizza Chicken Nuggets Rolls BBQ Sauce Choose 2 Mashed Potatoes Peas & Carrots Everyone Gets One of Each Peach Cobbler Milk	Choose 1 Pizza Hot Dog on a Bun Choose 2 Baked Beans French Fries Pineapple Chunks Everyone Gets One of Each Milk Ketchup Mustard	Choose 1 Pizza Chili w/Crackers Toasted Cheese Sandwich Choose 2 Carrot Sticks Green Beans Celery Sticks Orange Sherbet Everyone Gets One of Each Milk	Choose 1 Pizza Salisbury Steak w/Roll Choose 2 Mashed Potatoes Green Beans Rosey Applesauce Everyone Gets One of Each Milk
Choose 1 Pizza Taco Salad w/Mexican Rice Choose 2 Salsa Refried Beans Orange Halves Everyone Gets One of Each Rice Krispy Treat Milk	Choose 1 Pizza Chicken Sandwich Mayonnaise P L O T Choose 2 French Fries Broccoli Salad Fresh Apples Everyone Gets One of Each Milk Ketchup	Choose 1 Pizza Fish Sandwich Choose 2 French Fries Cole Slaw Corn on the Cob Everyone Gets One of Each Graham Cracker Milk	Choose 1 Pizza Corn Dog Choose 2 Potato Wedges Ketchup Cauliflower and Cheese Peaches Everyone Gets One of Each CC Cookie Milk	Choose 1 Pizza Spaghetti w/Sauce Texas Toast Choose 2 Tossed Salad w/Dressing Green Beans Pears Shape Up Bar Everyone Gets One of Each Milk
Choose 1 Pizza Salisbury Steak Rolls Choose 2 Mashed Potatoes Green Beans Everyone Gets One of Each Rice Krispy Treat Milk	Choose 1 Pizza Chicken Nuggets w/BBQ Sauce and Rolls Choose 2 Baked Potato Broc. Cheese & Rice Pineapple Chunks Everyone Gets One of Each Milk Ketchup	Choose 1 Pizza Hot Dog on a Bun Choose 2 French Fries Baked Beans Fruit Cocktail Everyone Gets One of Each Ketchup Mustard Milk	Choose 1 Pizza Sloppy Joe Choose 2 French Fries Cole Slaw Corn Everyone Gets One of Each Jellow w/Topping Milk	Choose 1 Pizza Chili Chips and Cheese Choose 2 Tossed Salad w/Dressing Orange Halves Shape Up Bar Everyone Gets One of Each Milk
Choose 1 Pizza Hamburger w/P L O T Choose 2 Potato Puffs Broccoli & Cheese Apple Everyone Gets One of Each Pudding Milk Ketchup, Mayonnaise Mustard	Choose 1 Pizza Chicken Nuggets w/Honey BBQ Sauce and Rolls Choose 2 Mashed Potatoes Green Beans Peaches Everyone Gets One of Each Milk	Choose 1 Pizza Corn Dog Macaroni and Cheese Choose 2 Baked Beans Pears Everyone Gets One of Each Jello w/Topping Milk	Choose 1 Pizza Turkey and Dressing Choose 2 Mashed Potatoes Green Beans Fruit Salad Everyone Gets One of Each Cake Milk	Choose 1 Pizza Ravioli Breadsticks Choose 2 Garden Salad Corn Pineapple Chunks Everyone Gets One of Each Milk

ALL MEALS WILL INCLUDE MILK.

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
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