

What's for Breakfast?

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Choose 1 Entree: Breakfast Pizza Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: English Muffins Egg Patty American Cheese Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: Breakfast Pizza Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: Hot Pocket Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety
Choose 1 Entree: Biscuits, Gravy Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: BB Muffin Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: Breakfast Burrito Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: Egg Omelet Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety
Choose 1 Entree: Cinnamon Rolls Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: Scrambled Eggs Hash Brown Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: Biscuits Gravy Cereal, Variety Toast, Mixed Grain Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: Waffles Syrup Ham Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety
Choose 1 Entree: Pancake & Sausage on a Stick Syrup Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: Breakfast Pizza Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: Parfait & Sausage on a Stick Syrup Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: Bagels, Cinnamon Cream Cheese Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety
Choose 1 Entree: Ham Egg Patty American Cheese Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: French Toast Sticks Syrup Ham Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: Ham Egg Patty American Cheese English Muffins Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety	Choose 1 Entree: Scrambled Eggs Hash Brown Cereal, Variety Toast, Mixed Grain, Jelly Fruit Juice, Assort. Milk - Variety

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.

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 Musketeer Drive • Greenup, KY 41144
 (606) 473-9810 • diana.mccabe@greenup.kyschools.us



Valley Wholesale Foods, Inc.

SHARVAN PRINTING CO. HUNTINGTON, WV 25728

Greenup County Schools

Nutrition Services

2011/2012

Menus and School Calendar



July	August - 15	September - 21
Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
October - 20	November - 17	December - 14
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January - 20	February - 20	March - 22
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April - 19	May - 5	June
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Prof Dev - No students
 Non-Flexible Flexible
 August 8, 9 November 23
 January 2 December 23
 February 20 January 16

Holiday - No school
 September 5
 November 24
 December 23
 January 16

Opening/Closing - No students
 August 10
 May 8
Other - No School
 November 8 - Election Day
 May 22 - Primary Election Day

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



This institution is an equal opportunity provider.
WURLAND MIDDLE
McKELL MIDDLE
GREENUP COUNTY HIGH SCHOOL

What's for Lunch?

2011-2012
 Greenup County Middle Schools/
 Greenup County High School
 Breakfast and Lunch Selections

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

WEEK 1 Hot Dog French Fries Baked Beans Mustard Ketchup Peaches Milk	Chili Crackers Toasted Cheese Sandwich Garden Salad Rice Krispie Treat Milk	Chicken Nuggets Mashed Potatoes Broccoli, Cheese & Rice Rolls Fruit Cocktail Chocolate Cake Milk	Fish Sandwich Potato Wedges Ketchup Cole Slaw Corn Rosey Applesauce Oatmeal Raisin Cookie Milk	Spaghetti w/Sauce Garden Salad Green Beans Bread Sticks Pineapple Chunks Milk
WEEK 2 Taco Salad Mexican Rice Salsa Corn Orange Halves Milk	Salisbury Steak Mashed Potatoes Green Beans Rolls Rice Krispie Treat Rosey Applesauce Milk	Chili Chips and Cheese Baked Potato Tossed Salad w/Dressing Peaches CC Cookie Milk	Lasagna Tossed Salad w/Dressing Green Beans Breadsticks Jello w/Topping Milk	Chicken Nuggets Mashed Potatoes Corn Rolls Pineapple Chunks Milk
WEEK 3 Salisbury Steak Mashed Potatoes Corn Rolls Peach Cobbler Milk	Taco Salad Mexican Rice Mexican Corn Salsa Jello w/Topping Milk	Turkey and Dressing Mashed Potatoes Green Beans Rolls Fruit Cocktail Chocolate Cake Milk	Chicken Nuggets Barbecue Sauce Macaroni and Cheese Baked Beans Rolls Pineapple Chunks Milk	Spaghetti w/Sauce Tossed Salad w/Dressing Green Beans Peas Shape Up Bar Breadsticks Milk
WEEK 4 Corn Dog French Fries Ketchup Mustard Broccoli, Cheese & Rice Peaches Milk	Chicken Nuggets Barbecue Sauce Mashed Potatoes Green Beans Rolls Rosey Applesauce Milk	Fish Sandwich Cole Slaw Corn on the Cob Macaroni and Cheese Baked Beans Sugar Cookie Milk	Chili Chips and Cheese Baked Potato Garden Salad Orange Halves Pudding Milk	Ravioli Breadsticks Garden Salad Corn Pineapple Chunks Brownies Milk

ALL MEALS WILL INCLUDE MILK.

MONTH	S	M	T	W	T	F	S
AUGUST	1	2	3	4	5	6	7
SEPTEMBER	1	2	3	4	5	6	7
OCTOBER	1	2	3	4	5	6	7
NOVEMBER	1	2	3	4	5	6	7
DECEMBER	1	2	3	4	5	6	7
JANUARY	1	2	3	4	5	6	7
FEBRUARY	1	2	3	4	5	6	7
MARCH	1	2	3	4	5	6	7
APRIL	1	2	3	4	5	6	7
MAY	1	2	3	4	5	6	7
JUNE	1	2	3	4	5	6	7

Choose 1 Pizza Hamburger Chicken Sandwich	Line 2 Daily Choose 2 French Fries Garden Salad Orange Sherbet Everyone Gets One Milk - Variety
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A LA CARTE ITEMS Breakfast Breads.....35 Breakfast Entrees.....50/75 Breakfast Meats.....25 Lunch Entree (1 item).....1.00 Lunch Entree (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
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Lunch Prices Students, full paid Students, reduced pay Adults Meal Prices are Subject to Change	Daily 2.00 .40 3.00	Weekly 10.00 2.00 15.00	Two Weeks 20.00 4.00 30.00
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Students may choose one of the entree 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, 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.