



Baltimore County Public Schools

Elementary Menu

OCTOBER, 2009

LUNCH MENU

			Thursday, Oct. 1	Friday, Oct. 2
<p><u>Free and Reduced Price Meal Program</u></p> <p>Your child may be eligible for free or reduced price meals. To apply, please complete the <u>Household Meal Benefit Application</u> you received from your child's school.</p> <p>Students who were eligible for meal benefits during the 2008/09 school year must reapply prior to October 14, 2009, or their benefits will be discontinued.</p>			<p>ENTRÉES - Choose 1 Pizza* Taco Taco Salad w/Nacho Chips</p> <p>SIDES - Choose Up To 2 Corn Applesauce Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>	<p>ENTRÉES - Choose 1 Chicken Nuggets</p> <p>Mozzarella Dippers w/ Sauce*</p> <p>SIDES - Choose Up To 2 Fresh Vegetables & Dip Assorted Canned Fruit Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>
Monday, Oct. 5	Tuesday, Oct. 6	Wednesday, Oct. 7	Thursday, Oct. 8	Friday, Oct. 9
<p>ENTRÉES - Choose 1 Chicken Patty Sandwich</p> <p>Macaroni & Cheese w/ Roll</p> <p>SIDES - Choose Up To 2 Green Beans Applesauce Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>	<p>ENTRÉES - Choose 1 Pizza*</p> <p>Hot Dog</p> <p>SIDES - Choose Up To 2 Baked Beans Mixed Fruit Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>	<p>ENTRÉES - Choose 1 Chicken Nuggets</p> <p>Spaghetti w/ Meat Sauce</p> <p>SIDES - Choose Up To 2 Broccoli Fruit Crisp Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>	<p>ENTRÉES - Choose 1 Pizza*</p> <p>BBQ Grilled Chicken Sandwich</p> <p>SIDES - Choose Up To 2 Mixed Vegetables Peaches Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>	<p>ENTRÉES - Choose 1 Chicken Nuggets</p> <p>Hamburger or Cheeseburger</p> <p>SIDES - Choose Up To 2 Shoestring Fries Assorted Canned Fruit Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>
Monday, Oct. 12	Tuesday, Oct. 13	Wednesday, Oct. 14	Thursday, Oct. 15	Friday, Oct. 16
<p>NATIONAL SCHOOL LUNCH WEEK</p>				
<p>ENTRÉES - Choose 1 Pancakes & Sausage Links</p> <p>Cold Cut Sub</p> <p>Choose Up To 2 Potato Wedges Peaches Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>	<p>ENTRÉES - Choose 1 Pizza*</p> <p>Teriyaki Chicken Nuggets w/ Chicken Flavored Rice</p> <p>Choose Up To 2 Spinach Pineapple Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>	<p>ENTRÉES - Choose 1 Chicken Nuggets</p> <p>Grilled Cheese Sandwich</p> <p>Choose Up To 2 Tomato Soup Applesauce Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>	<p>ENTRÉES - Choose 1 Galaxy Personal Pizza Taco Taco Salad w/ Nacho Chips</p> <p>Choose Up To 2 Corn Mixed Fruit Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>	<p>Professional Development Day, Schools Closed</p>
Monday, Oct. 19	Tuesday, Oct. 20	Wednesday, Oct. 21	Thursday, Oct. 22	Friday, Oct. 23
<p>ENTRÉES - Choose 1 Spicy Chicken Strips w/Cornbread Loaf</p> <p>Mozzarella Dippers w/ Sauce*</p> <p>Choose Up To 2 Green Beans Peaches Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>	<p>ENTRÉES - Choose 1 Pizza*</p> <p>Hamburger or Cheeseburger</p> <p>Choose Up To 2 Glazed Baby Carrots Pineapple Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>	<p>ENTRÉES - Choose 1 Chicken Nuggets</p> <p>Fiesta Mac and Beef</p> <p>Choose Up To 2 Tossed Salad Mixed Fruit Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>	<p>ENTRÉES - Choose 1 Pizza*</p> <p>Diced Turkey w/ Gravy Biscuit</p> <p>Choose Up To 2 Mashed Potatoes w/ Gravy Applesauce Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>	<p>ENTRÉES - Choose 1 Chicken Nuggets</p> <p>Hot Dog</p> <p>Choose Up To 2 Fresh Vegetables & Dip Assorted Canned Fruit Assorted Fresh Fruit Juice</p> <p>Choice of Milk</p>

<i>Monday, Oct. 26</i>	<i>Tuesday, Oct. 27</i>	<i>Wednesday, Oct. 28</i>	<i>Thursday, Oct. 29</i>	<i>Friday, Oct. 30</i>
ENTRÉES - Choose 1 Popcorn Chicken w/ Cornbread Loaf BBQ Rib Sandwich Choose Up To 2 Broccoli w/ Cheese Peaches Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Pizza* Hamburger or Cheeseburger Choose Up To 2 Green Beans Cinnamon Apples Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Chicken Nuggets Fish & Star Nuggets* Choose Up To 2 Sweet Potatoes Fruited Gelatin Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Pizza* Taco Taco Salad w/ Nacho Chips Choose Up To 2 Corn Applesauce Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Chicken Nuggets Mozzarella Dippers* Choose Up To 2 Fresh Vegetables & Dip Assorted Canned Fruit Assorted Fresh Fruit Juice Choice of Milk

The Lunch Menu

Lunch includes one entrée, bread / grain, a choice of two different vegetables and/or fruit / fruit juice and a choice of milk. Students must select at least three of the five items to qualify for the lunch meal price. If less than three items are selected, a la carte prices will be charged.

Meal Prices Elementary Schools

<u>Breakfast</u>	<u>Lunch</u>
Paid \$1.40	Paid \$2.90
Reduced \$.30	Reduced \$0.40

Payment Options

The school cafeterias use a computerized point-of-sale system. The system is programmed to know which students are eligible for paid, free, or reduced price meals. Students may elect to prepay for meals or snack items by depositing money into their account. Send a "Prepayment Form" along with cash or check (made payable to the school cafeteria) to the Cafeteria Manager or Person-in-Charge. The Prepayment Form is available from the school cafeteria or on line at - <http://www.bcps.org/offices/ofns/pdf/Lunch-Breakfast-PrePayment-Form.pdf>

Meal Information

Entrees containing pork are indicated by 

Meatless entrees are indicated by *

Yogurt w/soft pretzel and other vegetarian options are available daily upon request.

We offer 2%, 1%, and skim milk.

If you have a food allergy or special dietary needs, notify your school nurse.

All deli meats, hot dogs, and corn dogs are made with either turkey or chicken.

Products are purchased from reputable vendors such as Gold Kist, Tyson Foods, Tony's Pizza, and McCain Foods, to name a few.

Students who choose a complete meal will meet one-third of their recommended dietary allowance and will have 30 percent or less of their calories from fat.

BREAKFAST MENU

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Egg Tac-Go Power Wheels ☼ Cereal ☼ Fresh Fruit or Juice Milk	French Toast Sticks Whole Wheat Breakfast Bun Cereal ☼ Fresh Fruit or Juice Milk	Breakfast Pizza  String Cheese ☼ Cereal ☼ Fresh Fruit or Juice Milk	Breakfast Sandwich Bagel w/ Margarine Cereal ☼ Fresh Fruit or Juice Milk	Flapstick  Assorted Cold Entrees Cereal ☼ Fresh Fruit or Juice Milk

☼ Students who choose these items may choose an additional item from the list below:

- Graham Crackers**
- Animal Crackers**
- String Cheese**