

Eat Healthy...Get Smarx

The Mission of the Food and Nutritional Services Department, of the Martin County School District, in partnership with family and community, is to provide nutrition education along with appealing and nutritionally-sound meals to students and staff while operating in a cost effective manner, with excellence as a standard.

1050 E. 10th Street - Stuart, FL 34996
(772) 223-2655 / Fax (772) 219-1268
1-866-631-4102 (out of County callers)

Visit our website at www.sbmc.org/departments/foodservice

Menu is subject to change without notice
due to price and availability of food.

There is no meal charging.

The Martin County School District Food and Nutrition Services Department supports the USDA Dietary Guidelines for Americans in conjunction with the USDA Food Guide Pyramid. Menus are planned to include a variety of foods that are low in sugar, fat and cholesterol. Menu selections are designed to increase breads and grains, fruits and vegetables, as well as other food sources rich in vitamins and minerals.

Nutrition Tip:

A healthy Breakfast is an essential part of being prepared to learn. Studies show that children who eat breakfast do better in school. Join us for breakfast each morning for the low price of \$1.50. If your child qualifies for free or reduced lunch, they also qualify for free or reduced priced breakfast.

NON-DISCRIMINATION: 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 Avenue SW, Washington D.C. 20250-9410 or call 1-866-632-9992 (voice). TDD users can contact USDA through local relay or the Federal Relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users).

USDA is an equal opportunity provider and employer.

Breakfast & Lunch Menu Selections



**MARTIN COUNTY SCHOOL DISTRICT
FOOD & NUTRITIONAL SERVICES DEPARTMENT**

Elementary Breakfast & Lunch Menu

January—June 2010

Martin County Elementary School Breakfast/Lunch Menus - 2009 & 2010

LUNCH WEEK A		Student Selects One Entrée		Meal Pricing: \$1.75 (full pay) \$0.40 (reduced pay)	
MONDAY	Cheesy Pizza Wedge (or) Charbroiled Beef Patty w/ Cheese on a WG Roll	TUESDAY	Jumbo Soft Taco w/ shredded Cheese (or) Asian Chicken Bites	WEDNESDAY	Brunch for Lunch (WG pancakes, turkey sausage) (or) Crispy WG Corn-Dog
CHOICE OF TWO: Vegetable Medley Assorted Chilled Fruit Cup 100% Fruit Juice	Plus: Choice of Milk	CHOICE OF TWO: Steamed Crisp Corn Shredded Lettuce/Tomato Cup Fresh Apple Slices/Assorted Chilled Fruit	Plus: Choice of Milk Steamed Yellow Rice	CHOICE OF TWO: Baked Hash-Brown Triangles Assorted Chilled Fruit Cup 100% Fruit Juice	Plus: Choice of Milk
FRIDAY	Baked Chicken Nuggets (or) Fresh Deli Triangles	THURSDAY	Home-Style Macaroni & Cheese (or) Hot BBQ Pork on a WG Roll	CHOICE OF TWO: Seasoned Broccoli Garden Patch Salad Fruited Gelatin/Assorted Chilled Fruit w/ Topping	Plus: Choice of Milk WG Dinner Roll
FRIDAY		FRIDAY		CHOICE OF TWO: Creamy Mashed Potatoes Assorted Fresh Fruit 100% Fruit Juice Bar	Plus: Choice of Milk WG Dinner Roll

LUNCH WEEK B		Student Selects One Entrée		Meal Pricing: \$1.75 (full pay) \$0.40 (reduced pay)	
MONDAY	Mexican Pizza (or) Baked Breaded Chicken on a WG Roll	TUESDAY	Mama Mia Pasta w/ Meat-Balls (or) Marinara (or) Junior Specialty Salad	WEDNESDAY	Crispy Corn-Dog Poppers (or) Charbroiled Beef Patty w/ Cheese on a WG Roll
CHOICE OF TWO: Steamed Peas Assorted Chilled Fruit Cup 100% Fruit Juice	Plus: Choice of Milk	CHOICE OF TWO: Seasoned Green Beans Garden Patch Salad Chilled Apricot and Assorted Fruit Cup	Plus: Choice of Milk WW Bread-Stick	CHOICE OF TWO: Baked Confetti Fries Assorted Fresh Fruit 100% Fruit Juice	Plus: Choice of Milk WG Dinner Roll
FRIDAY	Stuffed WG Cheese Sticks (or) Crunch & Munch (or) Yogurt & Cheese Munchable (or) Turkey Hot-Dog	THURSDAY	South of the Border Taco Bowl (or) Caribbean BBQ Chicken Bites	CHOICE OF TWO: Steamed Corn Shredded Lettuce/Tomato Assorted Chilled Fruit Cup w/ Topping	Plus: Choice of Milk WG Dinner Roll
FRIDAY		FRIDAY		CHOICE OF TWO: Fresh Baby Carrots Assorted Chilled Fruit Cup 100% Fruit Juice Bar	Plus: Choice of Milk WG Dinner Roll

Each lunch includes two fruit/vegetable servings. 🍎 Indicates the entrée contains 1-2 fruit/vegetable servings.

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
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Lunch Facts

- 🍌 A PB&J Grahamwich is available daily as a vegetarian choice.
- 🍌 Three or more fruit/vegetable varieties are offered each day.
- 🍌 Fat-Free & 1% Milk is offered daily.
- 🍌 *White, Chocolate & Strawberry.*
- 🍌 100% Fruit Juice is available on Mondays, Wednesdays & Fridays.
- 🍌 **WG** = Whole Grain.
- 🍌 **WW** = Whole Wheat.
- 🍌 All products are **Baked** in speciality ovens to perfection. Nothing is fried.
- 🍌 **Early Release Menu Includes:**
Brunch for Lunch (OR) Peanut-Butter & Jelly Grahamwich - Baked Hash-brown Triangles, Chilled Fruit, 100% Fruit Juice, and a variety of ice-cold milk.



There is no meal charging in the cafeteria.

You may view your child's meal choices and pre-pay online @ www.mealpayplus.com.

BREAKFAST		Meal Pricing: \$1.50 (full pay) \$0.30 (reduced pay)	
MONDAY	Breakfast Sausage & Biscuit (or) Reduced-Sugar Cereal &/or WW Toast w/ Jelly	TUESDAY	Warm Fluffy Pancakes w/ syrup (or) Reduced-Sugar Cereal &/or Goldfish® Grahams
CHOICE OF MILK 100% Fruit Juice	CHOICE OF MILK 100% Fruit Juice	CHOICE OF MILK 100% Fruit Juice	CHOICE OF MILK 100% Fruit Juice
WEDNESDAY	Breakfast Pizza (or) Reduced-Sugar Cereal &/or WW Toast w/ Jelly	THURSDAY	Eggo® Cinnamon Waffles w/ syrup (or) Reduced-Sugar Cereal &/or Goldfish® Grahams
CHOICE OF MILK Chilled Fruit Cup	CHOICE OF MILK Chilled Fruit Cup	CHOICE OF MILK Seasonal Fresh Fruit	CHOICE OF MILK Seasonal Fresh Fruit
FRIDAY	Assorted Bagels w/ Jelly (or) Reduced-Sugar Cereal &/or WW Toast w/ Jelly	FRIDAY	Assorted Bagels w/ Jelly (or) Reduced-Sugar Cereal &/or WW Toast w/ Jelly
CHOICE OF MILK Baked Potato Triangles	CHOICE OF MILK Baked Potato Triangles	CHOICE OF MILK Baked Potato Triangles	CHOICE OF MILK Baked Potato Triangles

Still hungry? An additional lunch may be purchased for \$2.75 (Federal Reimbursement does not cover second meals).