

TIFT COUNTY SCHOOL NUTRITION PROGRAM



October 2009
Breakfast & Lunch Menus
 Pre-K thru
 Northeast Campus

"Menus can also be found @
 www.tiftschools.com website"

"Tift County is an equal opportunity provider & employer"
 "CHOICE OF LOW-FAT MILK SERVED DAILY"
 "CHOICE OF CEREAL FOR BREAKFAST AT MOST SCHOOLS"



Celebrate
World Smile Day

October 2
 pass on a smile

Thursday, Oct. 1

Breakfast
 Super Donut
 Fruit or Juice

**Steak Sandwich
 Or
 Grilled Chicken
 Sandwich**

Lettuce/Tomato
 Pickle
 Baked Chips
 Apple Wedges

Friday, Oct. 2

Breakfast
 Banana Bread
 Yogurt
 Fruit or Juice

**ASIAN CHICKEN
 NUGGETS OR
 FISH NUGGETS**

Stir Fried Rice
 Steamed Broccoli
 Orange Wedges
Smile Cookies

IT'S A SLAM DUNK!

**EAT LUNCH WITH
 US EVERY DAY
 TO DO YOUR BEST
 AT SCHOOL
 & PLAY!**



**NATIONAL SCHOOL LUNCH WEEK
 OCTOBER 12-16, 2009**

Monday, Oct. 5

Breakfast
 Pancakes w/ Syrup
 Fruit or Juice

**PIZZA WEDGE
 OR
 RIBBETTE
 SANDWICH**

Tossed Salad
 Fruit Cup
 Brownie

Tuesday, Oct. 6

Breakfast
 Scrambled Eggs w/
 Cheese Toast or Grits
 Fruit or Juice

**SALISBURY
 STEAK OR
 CHEF'S SALAD**

Mashed Potatoes
 Broccoli w/ Cheese
 Sauce
 Chilled Peaches
 Roll

Wed., Oct. 7

Breakfast
 Breakfast Pizza
 Fruit or Juice

**SPAGHETTI W/
 MEAT SAUCE OR
 STEAK NUGGETS**

Tossed Salad
 Diced Pears
 Roll

Thursday, Oct. 8

Breakfast
 Cereal, Cinnamon
 Toast
 Fruit or Juice

**CHICKEN & RICE
 OR
 TUNA SALAD**

Garden Peas
 Glazed Carrots
 Frozen Fruit Treat

Friday, Oct. 9

Breakfast
 Chicken & Biscuit
 Fruit or Juice

**BBQ SANDWICH
 OR
 FISH SANDWICH**

Dill Spears
 Potato Rounds
 Orange Wedges
 Cookie

Monday, Oct. 12

Breakfast
 Pop-Tart/Cheese
 Wedge
 Fruit or Juice

**CHEESEBURGER
 OR HOT HAM &
 CHEESE
 SANDWICH**

Whole Kernel Corn
 Lettuce/Tomato
 Pickle/ Chilled Fruit

Tuesday, Oct. 13

Breakfast
 Sausage Pup
 Fruit or Juice

**CHICKEN
 FINGERS OR
 SALAD PLATE**

Macaroni & Cheese
 Stir Fry Veggies
 Rosy Apple Sauce
 Garlic Bread

Wed., Oct. 14

Breakfast
 Breakfast Bagel
 Fruit or Juice

**SALISBURY
 STEAK
 OR
 CHEF'S SALAD**

Rice/Gravy
 Green Beans
 Chilled Fruit
 Roll

Thursday, Oct. 15

Breakfast
 Zooms Biscuit
 Pockets
 Fruit or Juice

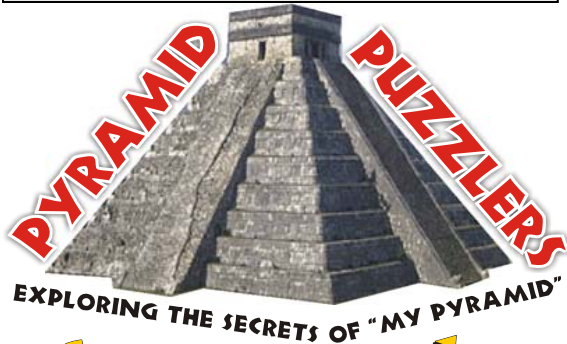
**TACOS W/ MEAT
 CHEESE OR DELI
 SUB**

Lettuce/Tomato
 Salsa
 Whole Kernel Corn
 Fruit Jell-O

Friday, Oct. 16

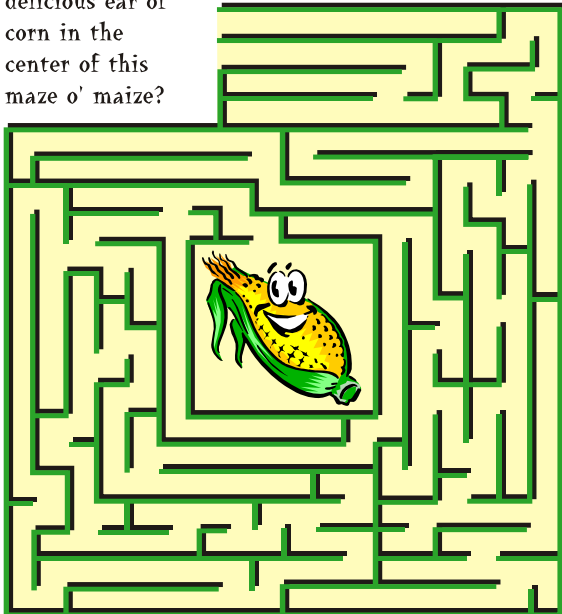
**SCHOOL'S
 OUT**

PRE-K THRU NORTHEAST CAMPUS
OCTOBER 2009
BREAKFAST/LUNCH MENUS



Can you solve the Amazing Maze o' Maize?

People have been growing and eating corn in North America for over 5,000 years! Another name for corn is "maize," and this time of year corn mazes are popular. Can you find your way to the delicious ear of corn in the center of this maze o' maize?



LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML



More than three-quarters of the calories in pasta come from healthful complex carbs, and most of the rest come from protein. Pasta isn't high in calories, but what we put on it can be. A pat or two of butter, a few grape tomatoes, and a couple tablespoons of Parmesan cheese add flavor, but only about 125 calories.

A TASTY MORSEL FOR PARENTS

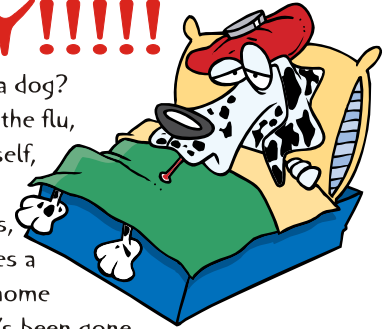
Word of the Month

un·flap·pa·ble

adj. 1. calm and even-tempered, whether facing difficulty or success 2. not easily upset or excited

STAY!!!!!!

Feeling sick as a dog? If you think it's the flu, please do yourself, your teachers, your classmates, and their families a favor and stay home until your fever's been gone for at least 24 hours. That's a good boy.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, Oct. 19	Tuesday, Oct. 20	Wed., Oct. 21	Thursday, Oct. 22	Friday, Oct. 23
FALL BREAK HOLIDAY!	FALL BREAK HOLIDAY!	Breakfast French Toast Sticks Fruit or Juice CHICKEN TENDERS OR STEAK NUGGETS Mashed Potatoes Broccoli w/ Cheese Sauce Chilled Peaches	Breakfast Pigs in a Blanket Fruit or Juice VEGETABLE/ BEEF SOUP SALTINES GRILLED CHEESE OR PBJ SANDWICH Chilled Pears	Breakfast Scrambled Eggs & Toast Fruit or Juice CORN DOG NUGGETS OR GRILLED CHICKEN SANDWICH Crispy Fries Celery/Carrot Sticks Dip Fruit Medley
Monday, Oct. 26	Tuesday, Oct. 27	Wed., Oct. 28	Thursday, Oct. 29	Friday, Oct. 30
Breakfast Breakfast Bun Fruit or Juice "Say No To Drugs" Say Yes To CHEESEBURGERS OR HOT DOG Potato Wedges Fruit Slushie Baked Beans	Breakfast Banana Bread Cheese Stick Fruit or Juice BAKED HAM OR SAUSAGE LINK Sweet Potatoes Seasoned Greens Fresh Fruit Salad Cornbread	Breakfast Cheese Grits Toast & Jelly Fruit or Juice TURKEY & CHEESE SUB OR CHEESE QUESADILLA Baked Chips Baked Beans Banana HUGS NOT DRUGS COOKIES!	Breakfast Breakfast Pizza Fruit or Juice CHICKEN FILET SANDWICH OR SALAD PLATE Lettuce/Tomato Pickle Corn Niblets Fresh Fruit	MANAGERS' CHOICE