

Lee County Schools

Floyd Knight

Menus for

October 2009



Available Daily

Breakfast
Cereal and Toast

Lunch
Fruit Juice as a Fruit Choice

Lunch Prepayments Will Be Accepted Anytime
Full Pay \$ 39.90
Reduce Pay \$ 7.60

Daily Lunch Prices
Full Pay K-5 \$2.10
Full Pay 6-12 \$2.25
Reduce Pay \$.40

Daily Breakfast Prices
Full Pay \$1.50
Reduce \$.30

Thurs., Oct. 1

Menu 1

Jerry 's Chicken Casserole.
w/ Grain Roll
Fruit Juice

Menu 2

Fish Sandwich
On Multi Grain Bun
Coleslaw
Strawberry Cup

Breakfast
Pancakes

Friday, Oct. 2

Menu 1

Pepperoni Pizza
Corn
Fruit Juice

Menu 2

Chili Beans
Green Peas
Applesauce

Breakfast
Manager's Choice

Monday, Oct. 5

Menu 1

Hamburger Steak
w/ gravy and
Grain Roll
Baked Beans
Fruit Juice

Menu 2

Hot Dog w/ Chili
Coleslaw
Manager's Choice on
Fruit

Breakfast
Waffle

Tuesday, Oct. 6

Early Dismissal

Menu 1

Chicken Nuggets w/
Grain Roll
Steamed Cabbage
Fruit Juice

Menu 2

Vegetable Beef Soup
w/ Cheese Sandwich
Peach Cup

Breakfast
Good Gravy Pizza

Wed., Oct. 7

Menu 1

Pork Roast w/ Gravy
and Grain Roll
Creamy Creamed
Potatoes
Fruit Juice

Menu 2

Chicken Filet
Sandwich
Green Beans
Seasonal Fresh Fruit

Breakfast
Manager's Choice

Thurs., Oct. 8

Menu 1

Lasagna w/ Grain Roll
Corn
Fruit Juice

Menu 2

Chicken Wings w/
Grain Roll
Tossed Salad
Chilled Pear Cup

Breakfast

Friday, Oct. 9

Menu 1

Cheese Pizza
Glazed Carrots
Fruit Juice

Menu 2

Chicken Fajita Wrap
Green Peas
Applesauce

Breakfast
Chocolate Chunk
Muffin



A choice of milk will be offered daily with a complete meal.

Monday, Oct. 12

Menu 1

Chef Salad w/ Wheat
Crackers
Fruit Juice

Menu 2

Hot Dog w/ Chill
Coleslaw
Baked Apples

Breakfast
Super Donut

Tuesday, Oct. 13

Menu 1

Chicken Filet
Sandwich
On Multi Grain Bun3
Fruit Juice

Menu 2

Nachos
Manager's Choice
Pinto Beans
Strawberry Cup

Breakfast
Sausage and Toast

Wed., Oct. 14

Menu 1

Spaghetti w/
Grain Roll
Corn
Fruit Juice

Menu 2

Turkey and Cheese
Sandwich on
Multi Grain Bun
Green Peas
Seasonal Fresh Fruit

Breakfast
Mini Pancakes
w/ Sausage

Thurs., Oct. 15

Menu 1

Baked Chicken w/
Grain Roll
Creamy Creamed
Potatoes
Fruit Juice

Menu 2

Cheeseburger on
Multi Grain Bun
Green Beans
Peach Cup

Breakfast
Good Gravy Pizza

Friday, Oct. 16

Menu 1

Pepperoni Pizza
Corn Cobbett
Fruit Juice

Menu 2

Chicken Salad
w/ Wheat Thins
Vegetable
Pasta Salad
Chilled Pear Cup

Breakfast
Yogurt

Monday, Oct. 19	Tuesday, Oct. 20	Wed., Oct. 21	Thurs., Oct. 22	Friday, Oct. 23
<p>Menu 1 Cheeseburger on Multi Grain Bun French Fries Fruit Juice</p> <p>Menu 2 BBQ Sandwich on Multi Grain Bun Coleslaw Chilled Pear Cup</p> <p>Breakfast Pancakes w/ Sausage On a stick</p>	<p>Menu 1 Chicken Tenders w/ Grain Roll Green Peas Fruit Juice</p> <p>Menu 2 Beef Stroganoff w/ Grain roll Raw Vegetable Cup Manager's Choice Fruit</p> <p>Breakfast Cheesy Eggs w. Toast</p>	<p>Menu 1 Macaroni and Cheese w/ Sausage and grain roll Green Beans Fruit Juice</p> <p>Menu 2 Corn Dog Nuggets Glazed Carrots Seasonal Fresh Fruit</p> <p>Breakfast French Toast</p>	<p>Menu 1 Turkey and Cheese Sandwich on Multi Grain Bun Black Eye Peas Fruit Juice</p> <p>Menu 2 Mexican Beef Rotini w/ Grain Roll Broccoli and Cheese Sauce Very Berry Cup</p> <p>Breakfast Manager's Choice</p>	<p>Menu 1 Cheese Pizza Corn Fruit Juice</p> <p>Menu 2 Sloppy Joe on School Made Roll Pinto Beans Applesauce</p> <p>Breakfast Blueberry Muffin</p>
Monday, Oct. 26	Tuesday, Oct. 27	Wed., Oct. 28	Thurs., Oct. 29	Friday, Oct. 30
<p>Menu 1 Taco Pie Tossed Salad Fruit Juice</p> <p>Menu 2 Hot Dog w/ Chill Tater Tots Fruit Gelatin</p> <p>Breakfast Cheese Toast</p>	<p>Menu 1 Beef Burrito Manager's Choice Fruit Juice</p> <p>Menu 2 Chicken & Cheese Quesadilla Shredded Lettuce, Tomato & Pickle Chilled Pear Cup</p> <p>Breakfast Good Gravy Pizza</p>	<p>Menu 1 Open Faced Turkey Sandwich Lima Beans Fruit Juice</p> <p>Menu 2 Cheeseburger on Multi Grain Bun Creamy Creamed Potatoes Seasonal Fresh Fruit</p> <p>Breakfast Un crustable Peanut Butter and Jelly</p>	<p>Menu 1 Jerry's Chicken Casserole w/ Grain Roll Fruit Juice</p> <p>Menu 2 Fish Sandwich on Multi Grain Bun Coleslaw Strawberry Cup</p> <p>Breakfast Pancakes</p>	<p>Menu 1 Pepperoni Pizza Corn Fruit Juice</p> <p>Menu 2 Chili Beans w/ Wheat Crackers Green Peas Applesauce</p> <p>Breakfast Manager's Choice</p>

Snacks

DID You KNOW that snacks may be needed to help give you the energy that you need to make it through the day. Make sure to choose healthy snacks from each of the different food groups to increase the nutrients in your diet.

Healthy Snacks Suggestions:

Animal Crackers
Graham Crackers
Air-Popped Popcorn
Cheese
Pudding
Yogurt
Any Raw Vegetables
Fruit juice
Any Fresh Fruit
Peanut Butter
Turkey or Meat Cubes

If you go out to "Trick or Treat" make sure you have an adult check your candy before you eat it!



USDA is an equal opportunity provider and employer.

Our Menus are subject to change.

