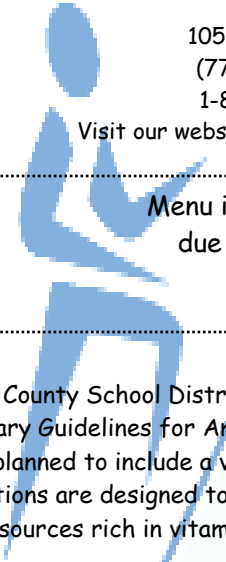


# Eat Healthy...Get Smarx

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](http://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 Nutritional 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

**2009 - 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)
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
Cheesy Pizza Wedge (or) Charbroiled Beef Patty on a WG Roll	Baked Breaded Chicken Sandwich on a WG Roll (or) Junior Specialty Salad w/ a WG Dinner Roll <i>A vegetarian double cheese salad is available upon request</i>	Brunch for Lunch (WG pancakes, turkey sausage) (or) WG Chicken Corn-Dog	South of the Border Mexican Nachos (or) Toasted Cheese Sandwich
<b>CHOICE OF TWO:</b> Steamed Broccoli Chilled Fruit Cup 100% Fruit Juice	<b>CHOICE OF TWO:</b> Crisp Cucumber Coins Crunchy Garden Salad Chilled Fruit	<b>CHOICE OF TWO:</b> Baked Hash-Brown Triangles Seasonal Fresh Fruit 100% Fruit Juice	<b>CHOICE OF TWO:</b> Steamed Whole Kernel Corn Shredded Lettuce/Tomato Chilled Fruit
<b>Plus:</b> Choice of Milk	<b>Plus:</b> Choice of Milk WG Dinner Roll	<b>Plus:</b> Choice of Milk WG Dinner Roll	<b>Plus:</b> Choice of Milk WG Dinner Roll
<b>FRIDAY</b>			<b>FRIDAY</b>
			Baked Chicken Nuggets (or) Fruit, Cheese & Low-Fat Yogurt Munchables
			<b>CHOICE OF TWO:</b> Creamy Mashed Potatoes Seasonal Fresh Fruit 100% Fruit Juice
			<b>Plus:</b> Choice of Milk WG Dinner Roll

LUNCH WEEK B		Student Selects One Entrée	Meal Pricing: \$1.75 (full pay) \$0.40 (reduced pay)
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
Cheesy Pizza Wedge (or) Ranch Turkey & Cheese Deli Wrap	Pasta & Meat-Sauce (or) Turkey Hot Dog on a WG Bun	Honey BBQ Beef Strips w/ Yellow Rice (or) Peanut-Butter & Jelly Munchable	Home-Style Macaroni & Cheese (or) BBQ Pork on a WG Roll
<b>CHOICE OF TWO:</b> Steamed Whole Kernel Corn Chilled Fruit 100% Fruit Juice	<b>CHOICE OF TWO:</b> Steamed Broccoli Crunchy Garden Salad Chilled Fruit	<b>CHOICE OF TWO:</b> Fresh Baby Carrots Crisp Apple Wedges 100% Fruit Juice	<b>CHOICE OF TWO:</b> Steamed Green Peas Crunchy Garden Salad Chilled Fruit
<b>Plus:</b> Choice of Milk	<b>Plus:</b> Choice of Milk WW Bread-Strick	<b>Plus:</b> Choice of Milk	<b>Plus:</b> Choice of Milk WG Dinner Roll
<b>FRIDAY</b>			<b>FRIDAY</b>
			Fresh Deli Triangles (or) Mini Turkey Corn-Dogs
			<b>CHOICE OF TWO:</b> Steamed Green Beans Chilled Fruit 100% Fruit Juice
			<b>Plus:</b> Choice of Milk WG Dinner Roll

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

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
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	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	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	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
<b>DECEMBER</b>	<b>JANUARY</b>	<b>FEBRUARY</b>	<b>MARCH</b>
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 <b>Winter Recess</b> 21 <b>Winter Recess</b>	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	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	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
<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>	
S M T W T F S	S M T W T F S	S M T W T F S	
1 2 3 <b>4 Spring Recess</b> 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	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	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	

### Lunch Facts

- A PB&J sandwich 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](http://www.mealpayplus.com).

BREAKFAST		Meal Pricing: \$1.50 (full pay) \$0.30 (reduced pay)
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
Chewy Cinnamon Granola Round (or) Reduced-Sugar Cereal & WW Toast	Warm Fluffy Pancakes (or) Reduced-Sugar Cereal & Goldfish® Grahams	Jennie-o® Turkey Sausage & Biscuit (or) Reduced-Sugar Cereal & WW Toast
Choice of Milk 100% Fruit Juice	Choice of Milk 100% Fruit Juice	Choice of Milk Fresh Fruit
<b>THURSDAY</b>	<b>FRIDAY</b>	<b>FRIDAY</b>
Eggo® Cinnamon Waffles (or) Reduced-Sugar Cereal & Goldfish® Grahams	Breakfast Square (or) Reduced-Sugar Cereal & WW Toast	Choice of Milk Chilled Fruit

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