



Menus for January 2008

Franklin County Elementary Schools

Students Succeed with School Meals: The Healthy Low-cost Choice

School meals are the healthy choice because they meet the Dietary Guidelines for Americans. They are the low-cost choice because the Child Nutrition Programs receive USDA-reimbursement for a portion of the cost of meals, receive and use commodity foods, and do not make a profit.

As an adult family member, you can support North Carolina school meals by:

- Promoting school meals as the healthy, low-cost choice.
- Eating school meals with your children.
- Being a role model for children by eating smart and moving more.
- Educating children on how to eat smart and move more.



January

- Book Blitz Month
- Bread Machine Baking Month
- Family Fit Lifestyle Month
- Hot Tea Month
- International Creativity Month
- Jump Out of Bed Month
- Learn Spanish Month
- National Clean Up Your Computer Month
- National Get Organized Month
- National Mentoring Month
- National Oatmeal Month
- National Skating Month

Tuesday, January 1
HOLIDAY
ALL SCHOOLS CLOSED
HAPPY NEW YEAR!!

Wednesday, January 2
BREAKFAST Poptart..27 Hot Oatmeal..14
LUNCH Max Pepperoni Pizza..23 Uncrustable PBJ..54 Lima Beans..15 Corn..13 Applesauce..18 Peach Crisp..53

Thursday, January 3
BREAKFAST Eggo Waffle..33 Hot Grits..17
LUNCH Oven Fried Chicken..23 w/ Yeast Roll..18 Pork Tips & Gravy..14 w/ Yeast Roll..18 Rice..17 Green Beans..5 Black Eye Peas..22 Tossed Salad..2 w/ Crackers..18 Tropical Fruit..15 Grapes..14

Friday, January 4
BREAKFAST Breakfast Pizza..23
LUNCH Chicken Quesadilla..36 Ravioli..30 w/ Breadstix..25 Hash Brown Casserole..20 Pinto Beans..17 Tossed Salad..2 w/ Crackers..18 Applesauce..18 Orange Wedges..17

Monday, January 7
BREAKFAST Super Donut..27 Hot Oatmeal..14
LUNCH Chicken Nuggets..18 w/ Hot Biscuit..25 BBQ Beef Rib..31 Mashed Potatoes..11 Oriental Veggies..4 Tossed Salad..2 w/ Crackers..18 Sliced Peaches..12 Cherry Crisp..46

Tuesday, January 8
BREAKFAST Chicken Biscuit..20
LUNCH Chicken Fajita..24 Sloppy Joe..29 Steamed Broccoli..4 Sweet Potato Stix..4 Tossed Salad..2 w/ Crackers..18 Sliced Pears..14 Baked Apples..16 Pasta Salad..18

Wednesday, January 9
BREAKFAST Pancake Stix..27
LUNCH Chicken Fillet Sandwich..20 Carrot Cup..4 Fresh Apple..5 MJM Lemon Graham..18

Thursday, January 10
BREAKFAST Cinnamon Rolls..57 Hot Grits..14
LUNCH Hot Dog on Whole Grain..24 Deli Turkey Sandwich..23 Oven Fries..23 Baked Beans..27 Cole Slaw..5 Tropical Fruit..15 Sliced Pears w/ Jell-O....31

Friday, January 11
BREAKFAST Assorted Cereal..15 w/ Toast..12 & Jelly..12
LUNCH Macaroni & Cheese w/ Ham..21 w/ Yeast Roll..18 Teriyaki Dippers..6 w/ Yeast Roll..18 Sweet Potato Souffle..34 Steamed Cabbage..4 Broccoli Salad..14 Pineapple Tidbits..13 Apple Wedges..5

OFFERED DAILY:
WITH THE EXCEPTION OF EARLY
RELEASE DAY

PBJ Sandwich

Chef Salads:

Monday, Wednesday & Friday: Chef Salad w/
Ham..47

Tuesday: Chef Salad w/ Crispy Chicken..44

Thursday: Chef Salad w/ Grilled Chicken..45

Milk Varieties:

1% Chocolate..26

1% Plain..12

1% Strawberry..46

1% Skim Plain..11

Juice Varieties for Breakfast:

Orange..15

Apple..14

Grape..19

Orange-Pineapple..16

Carb. Counts are listed beside menu items.

<p>Monday, January 14</p> <p>BREAKFAST Yogurt..20 Honey Graham Crackers..18</p> <p>LUNCH Chicken Tenders..12 w/ Hot Biscuit..25 Country Style Steak & Gravy..7 w/ Hot Biscuit..25 Rice..17 Seasoned Greens..3 Corn..13 Tossed Salad..2 w/ Crackers..18 Applesauce..18 Cherry Crisp..46</p>	<p>Tuesday, January 15</p> <p>BREAKFAST Sour Crème Donut..57 Hot Oatmeal..14</p> <p>LUNCH Turkey Dressing Supreme & Gravy..19 w/ Hot Biscuit..25 Baked Ham..3 w/ Hot Biscuit..25 Mashed Potatoes..11 Green Beans..5 Tossed Salad..2 w/ Crackers..18 Sliced Pears..39 Apple Wedges..5 Pasta Salad..18</p>	<p>Wednesday, January 16</p> <p>BREAKFAST Scrambled Eggs..1 w/ Toast.. & Jelly..12</p> <p>LUNCH Max Stix..27 Corn Dog..28 Steamed Broccoli..4 Baked Beans..27 Tossed Salad..2 w/ Crackers..18 Tropical Fruit..15 Orange Wedges..15</p>	<p>Thursday, January 17</p> <p>BREAKFAST Hot Cheese Biscuit..25</p> <p>LUNCH Nacho's w/ Meat & Cheese..15 Grilled Chicken Sandwich..21 Lima Beans..15 Baked Potato..38 Tossed Salad..2 w/ Crackers..18 Pineapple Tidbits..13 Baked Apples..16</p>	<p>Friday, January 18</p> <p>BREAKFAST Sausage Biscuit..14</p> <p>LUNCH Seafood Platter w/ Hushpuppies..29 BBQ Sandwich..23 Whole Potatoes..10 Green Peas..13 Cole Slaw..5 Sliced Peaches..21 Minute Maid Juice Bar..21</p>
<p>Monday, January 21</p> <p>HOLIDAY</p> <p>ALL SCHOOLS CLOSED</p>	<p>Tuesday, January 22</p> <p>VACATION DAY</p> <p>TRADITIONAL SCHOOLS CLOSED</p>	<p>Wednesday, January 23</p> <p>VACATION DAY</p> <p>TRADITIONAL SCHOOLS CLOSED</p>	<p>Thursday, January 24</p> <p>BREAKFAST Blueberry Muffin..32 Hot Grits..17</p> <p>LUNCH Max Pepperoni Pizza..33 Uncrustable PBJ..54 Steamed Broccoli..4 Black Eye Peas..22 Tossed Salad..2 w/ Crackers..18 Sliced Pears..14 Orange Wedges..17</p>	<p>Friday, January 25</p> <p>BREAKFAST Jumbo Donut Ring..47 Hot Oatmeal..14</p> <p>LUNCH Corn Dog Nuggets..33 Ravioli..30 w/ Yeast Roll..18 Field Peas..22 Hash Brown Casserole..20 Tossed Salad..2 w/ Crackers..18 Tropical Fruit..15 Applesauce..18</p>
<p>Monday, January 28</p> <p>BREAKFAST Poptart..27 Hot Oatmeal..14</p> <p>LUNCH Chicken Nuggets..18 w/ Hot Biscuit..25 BBQ Beef Rib..31 Mashed Potatoes..11 California Veggies..4 Tossed Salad..2 w/ Crackers..18 Sliced Peaches..12 Cherry Crisp..46</p>	<p>Tuesday, January 29</p> <p>BREAKFAST Eggo Waffle..33 Hot Grits..17</p> <p>LUNCH Lasagna..21 w/ Breadstix..25 Corn Dog Nuggets..33 Green Beans..5 Glazed Carrots..11 Tossed Salad..2 w/ Crackers..18 Applesauce..18 Pineapple Tidbits..13</p>	<p>Wednesday, January 30</p> <p>BREAKFAST Breakfast Pizza..23</p> <p>LUNCH Toasted Ham & Cheese..24 Chicken Fillet Sandwich..20 Vegetable Soup..12 w/ Crackers..18 Field Peas..22 Tossed Salad..2 w/ Crackers..18 Orange Wedges..17 Baked Apple Crisp..50</p>	<p>Thursday, January 31</p> <p>BREAKFAST Hot Ham & Cheese Biscuit..25</p> <p>LUNCH Chicken Pastry..8 w/ Cornbread..55 Steak & Cheese Biscuit..35 Steamed Cabbage..4 Glazed Sweet Potatoes..36 Tossed Salad..2 w/ Crackers..18 Sliced Pears..14 Apple Wedges..5</p>	

School Meals Factoids

North Carolina schools are providing healthier options in the cafeteria:

- 96% have increased fresh fruit
- 86% have increased fresh vegetables
- 73% have increased whole grains
- 76% have eliminated fried foods
- 92% have eliminated whole milk
- 87% have decreased desserts
- 88% are gradually decreasing high-fat or high-sugar à la carte foods and drinks



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