

What do you think?

Franklin County Food & Nutrition Services is dedicated to providing kid friendly nutritious meals to all students. As we continue to improve our program, your input is important! If you have questions, comments, or suggestions we hope you will contact us. You can email us directly at nslphelp@yahoo.com.

Thank you for your support,

Robin Tennille

*Director
Food & Nutrition Services*

Student meals are our business! And in Franklin County we have implemented a program called Provision 2. Through this program all students enrolled in Franklin County School District are provided a breakfast, a lunch, and snack (in the after school program) at no charge.

Whole grains, low fat options, and fresh produce are offered to our students.

We strive to serve a variety of nutritious meals so that no child is hungry; because as we know, hungry children can not learn.

One breakfast and One lunch served at no cost to all enrolled children. If your child would like additional items, they must be purchased at the following prices:

2nd Breakfast for students—\$2.00
Breakfast main dish (Sausage & Biscuit, Cereal & Grams) - \$1.50
Milk—\$.50
Juice—\$.50

2nd Lunch for students —\$3.00
Lunch main dish (Pizza, Hamburger, Country Fried Steak—does not include specialty salads or lite alternatives) - \$1.50
Lunch extra side (Milk, Juice, Fruit, Vegetable, Bread) - \$.50

We encourage faculty, staff, & parents to eat in the cafeteria; however, these meals are not subsidized like meals served to the students. We offer a teacher bar 4 days a week which consists of a salad bar and one other item (e.g., hamburger steak, soup, sandwiches, chicken, etc.). If you like our student meals, you may also purchase a meal from the student serving line. We thank you for your support!

Adult Lunch from student line (includes specialty salad & Lite Alternative): \$3.00
Adult Breakfast: \$2.00
Teacher Bar: \$4.00 (no partial sales)

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 (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Franklin County School Food & Nutrition Services

2009-2010



PreK & Contract Meals receive smaller portions.

Breakfast Menu 2009 — 2010

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Pancake C & Sausage Links	2	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Ham C & Cheese C Biscuit	3	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Breakfast Pizza	4	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Sausage & Biscuit	5	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Chicken & Biscuit
	100% fruit Juice Variety of Milk		100% fruit Juice Variety of Milk		Blueberries C Variety of Milk		100 % fruit Juice Variety of Milk		Fresh Fruit Variety of Milk
8	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Breakfast Burrito	9	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Sausage & Biscuit	10	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Breakfast Pizza	11	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Breakfast Biscuit	12	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Chicken & Biscuit
	100 % fruit Juice Variety of Milk		100 % fruit Juice Variety of Milk		Applesauce C Variety of Milk		100 % fruit Juice Variety of Milk		Fresh Fruit Variety of Milk
15	NO SCHOOL President's Day	16	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Ham C & Cheese C Biscuit	17	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Breakfast Pizza	18	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Sausage & Biscuit	19	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Chicken & Biscuit
			100% fruit Juice Variety of Milk		Blueberries C Variety of Milk		100 % fruit Juice Variety of Milk		Fresh Fruit Variety of Milk
22	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Breakfast Burrito	23	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Sausage & Biscuit	24	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Breakfast Pizza	25	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Breakfast Biscuit	26	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Chicken & Biscuit
	100 % fruit Juice Variety of Milk		100 % fruit Juice Variety of Milk		Applesauce C Variety of Milk		100 % fruit Juice Variety of Milk		Fresh Fruit Variety of Milk
1	100th Day of School! Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Pancake C & Sausage Links	2	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Ham C & Cheese C Biscuit	3	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Breakfast Pizza	4	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Sausage & Biscuit	5	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Chicken & Biscuit
	100% fruit Juice Variety of Milk		100% fruit Juice Variety of Milk		Blueberries C Variety of Milk		100 % fruit Juice Variety of Milk		Fresh Fruit Variety of Milk
8	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Breakfast Burrito	9	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Sausage & Biscuit	10	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Breakfast Pizza	11	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Breakfast Biscuit	12	Choice of: Cereal & Graham Crackers Yogurt & Graham Crackers Chicken & Biscuit
	100 % fruit Juice Variety of Milk		100 % fruit Juice Variety of Milk		Applesauce C Variety of Milk		100 % fruit Juice Variety of Milk		Fresh Fruit Variety of Milk

BIC Menu 2009 — 2010

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Whole Grain, Reduced Sugar Cereal Graham Crackers Fresh Fruit Low Fat Milk	2	Sausage & Biscuit 100% fruit Juice Low Fat Milk	3	Breakfast Pizza 100 % fruit Juice Low Fat Milk	4	Breakfast Burrito 100 % fruit Juice Low Fat Milk	5	Chicken & Biscuit Fresh Fruit Low Fat Milk
8	Whole Grain, Reduced Sugar Cereal Graham Crackers Fresh Fruit Low Fat Milk	9	Sausage & Biscuit 100% fruit Juice Low Fat Milk	10	Breakfast Pizza 100 % fruit Juice Low Fat Milk	11	Breakfast Burrito 100 % fruit Juice Low Fat Milk	12	Chicken & Biscuit Fresh Fruit Low Fat Milk
15	NO SCHOOL President's Day	16	Sausage & Biscuit 100% fruit Juice Low Fat Milk	17	Breakfast Pizza 100 % fruit Juice Low Fat Milk	18	Breakfast Burrito 100 % fruit Juice Low Fat Milk	19	Chicken & Biscuit Fresh Fruit Low Fat Milk
22	Whole Grain, Reduced Sugar Cereal Graham Crackers Fresh Fruit Low Fat Milk	23	Sausage & Biscuit 100% fruit Juice Low Fat Milk	24	Breakfast Pizza 100 % fruit Juice Low Fat Milk	25	Breakfast Burrito 100 % fruit Juice Low Fat Milk	26	Chicken & Biscuit Fresh Fruit Low Fat Milk
1	Whole Grain, Reduced Sugar Cereal Graham Crackers 100% Fruit Juice LowFat Milk	2	Sausage & Biscuit 100% fruit Juice Low Fat Milk	3	Breakfast Pizza 100 % fruit Juice Low Fat Milk	4	Breakfast Burrito 100 % fruit Juice Low Fat Milk	5	Chicken & Biscuit Fresh Fruit Low Fat Milk
8	Whole Grain, Reduced Sugar Cereal Graham Crackers Fresh Fruit Low Fat Milk	9	Sausage & Biscuit 100% fruit Juice Low Fat Milk	10	Breakfast Pizza 100 % fruit Juice Low Fat Milk	11	Breakfast Burrito 100 % fruit Juice Low Fat Milk	12	Chicken & Biscuit Fresh Fruit Low Fat Milk

Lunch Menu 2009 — 2010

Students in grades 2-8 have a choice of Salad, Lite Alternative, or Main Dish

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Choice of One: Hamburger / Cheeseburger Specialty Salad Lite Alternative Main Dish - Pepperoni or Cheese Pizza Sweet Glazed Carrots C Sliced Apples C Trail Mix C Choice of Milk</p>	<p>2 Choice of one: Pepperoni or Cheese Pizza Specialty Salad Lite Alternative Main Dish - Baked Seasoned Chicken C Macaroni & Cheese C Northern Beans C Mixed Fruit C Choice of Milk</p>	<p>3 Choice of one: Soft Tacos C w/ Meat & Cheese C Specialty Salad Lite Alternative Grilled Cheese C Sandwich Vegetable Soup C Side Salad w Ranch Customer Appreciation Cookie Choice of Milk</p>	<p>4 Choice of One: Breaded Chicken Sandwich Specialty Salad Lite Alternative Main Dish—BBQ Sandwich C on Bun Potato Triangle Fresh Broccoli Dippers w Ranch Trail Mix C Choice of Milk</p>	<p>5 Choice of one: Mozzarella Cheese Sticks w/ Marinara Specialty Salad Lite Alternative Main Dish - Chicken Nuggets Baked Beans C Apricots C Cornbread C Choice of Milk</p>
<p>8 Choice of one: Hamburger/Cheeseburger Specialty Salad Lite Alternative Main Dish - Soft Tacos C w/ Meat & Cheese C Fresh Side Salad Buttery Corn Jello Choice of Milk</p>	<p>9 Choice of one: Pepperoni or Cheese Pizza Specialty Salad Lite Alternative Main Dish - BBQ Chicken C Rice & Gravy Green Beans Homemade Cornbread C Choice of Milk</p>	<p>10 Choice of one: Soft Tacos C w/ Meat & Cheese C Specialty Salad Lite Alternative Main Dish - Toasted Ham C & Cheese C Sandwich Peas & Carrots C Pineapple Tidbits Trail Mix C Choice of Milk</p>	<p>11 Choice of One: Breaded Chicken Sandwich Specialty Salad Lite Alternative Main Dish - Pork Roast C Seasonal Fresh Fruit Rice & Gravy C Blueberry Crisp C Choice of Milk</p>	<p>12 Choice of One: Mozzarella Cheese Sticks w/ Marinara Specialty Salad Lite Alternative Main Dish - Cheeseburger on Bun C Baked Beans C Pineapple Tidbits Trail Mix C Choice of Milk</p>
<p>15 NO SCHOOL President's Day</p>	<p>16 Choice of one: Pepperoni or Cheese Pizza Specialty Salad Lite Alternative Main Dish - Hot Dog on Bun Applesauce C Corn on the Cob C Cookie for Customer Appreciation Choice of Milk</p>	<p>17 Choice of one: Soft Tacos C w/ Meat & Cheese C Specialty Salad Lite Alternative Main Dish - Chili C w/ Saltines Baked Potato Broccoli w/ Cheese Choice of Milk</p>	<p>18 Choice of One: Breaded Chicken Sandwich Specialty Salad Lite Alternative Main Dish - Oven Fried Chicken C Rice C Apricots C Farm to School Greens Choice of Milk</p>	<p>19 Choice of One: Mozzarella Cheese Sticks w/ Marinara Specialty Salad Lite Alternative Main Dish - Pepperoni or Cheese Pizza Sweet Potato Sticks w/ lowfat Ranch Green Beans Trail Mix C Choice of Milk</p>
<p>22 Manager's Choice</p>	<p>23 Choice of one: Pepperoni or Cheese Pizza Specialty Salad Lite Alternative Main Dish - Baked Seasoned Chicken C Macaroni & Cheese C Northern Beans C Mixed Fruit C Choice of Milk</p>	<p>24 Choice of one: Soft Tacos C w/ Meat & Cheese C Specialty Salad Lite Alternative Grilled Cheese C Sandwich Vegetable Soup C Side Salad w Ranch Customer Appreciation Cookie Choice of Milk</p>	<p>25 Choice of One: Breaded Chicken Sandwich Specialty Salad Lite Alternative Main Dish—BBQ Sandwich C on Bun Potato Triangle Fresh Broccoli Dippers w Ranch Trail Mix C Choice of Milk</p>	<p>26 Choice of one: Mozzarella Cheese Sticks w/ Marinara Specialty Salad Lite Alternative Main Dish - Chicken Nuggets Baked Beans C Apricots C Cornbread C Choice of Milk</p>
<p>1 Choice of one: Hamburger/Cheeseburger Specialty Salad Lite Alternative Main Dish - Soft Tacos C w/ Meat & Cheese C Fresh Side Salad Buttery Corn Jello Choice of Milk</p>	<p>2 Choice of one: Pepperoni or Cheese Pizza Specialty Salad Lite Alternative Main Dish - BBQ Chicken C Rice & Gravy Green Beans Homemade Cornbread C Choice of Milk</p>	<p>3 Choice of one: Soft Tacos C w/ Meat & Cheese C Specialty Salad Lite Alternative Main Dish - Toasted Ham C & Cheese C Sandwich Peas & Carrots C Pineapple Tidbits Trail Mix C Choice of Milk</p>	<p>4 Choice of One: Breaded Chicken Sandwich Specialty Salad Lite Alternative Main Dish - Pork Roast C Seasonal Fresh Fruit Rice & Gravy C Blueberry Crisp C Choice of Milk</p>	<p>5 Choice of One: Mozzarella Cheese Sticks w/ Marinara Specialty Salad Lite Alternative Main Dish - Cheeseburger on Bun C Baked Beans C Pineapple Tidbits Trail Mix C Choice of Milk</p>
<p>Chef Salad, Ham C & Cheese C</p>	<p>Vegetarian Salad Walnut C, Cranberry C, Cheese C</p>	<p>Chef Salad, Breaded Chicken & Cheese C</p>	<p>Chicken C Caesar Salad</p>	<p>Chef Salad, Ham C & Cheese C</p>

K-3 receive smaller portion sizes

Lunch Menu 2009 — 2010

Students in grades 2-8 have a choice of Salad, Lite Alternative, or Main Dish

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Cheese Pizza Sweet Glazed Carrots C Sliced Apples C Trail Mix C Choice of Milk</p>	<p>2 Baked Seasoned Chicken C Macaroni & Cheese C Northern Beans C Mixed Fruit C Choice of Milk</p>	<p>3 Grilled Cheese C Sandwich Vegetable Soup C Side Salad w Ranch Customer Appreciation Cookie Choice of Milk</p>	<p>4 BBQ Sandwich C on Bun Potato Triangle Fresh Broccoli Dippers w Ranch Trail Mix C Choice of Milk</p>	<p>5 Chicken Nuggets Baked Beans C Apricots C Cornbread C Choice of Milk</p>
<p>8 Soft Tacos C w/ Meat & Cheese C Fresh Side Salad Buttery Corn Jello Choice of Milk</p>	<p>9 BBQ Chicken C Rice & Gravy Green Beans Homemade Cornbread C Choice of Milk</p>	<p>10 Toasted Ham C & Cheese C Sandwich Peas & Carrots C Pineapple Tidbits Trail Mix C Choice of Milk</p>	<p>11 Pork Roast C Seasonal Fresh Fruit Rice & Gravy C Blueberry Crisp C Choice of Milk</p>	<p>12 Cheeseburger on Bun C Baked Beans C Pineapple Tidbits Trail Mix C Choice of Milk</p>
<p>15 NO SCHOOL President's Day</p>	<p>16 Hot Dog on Bun Applesauce C Corn on the Cob C Cookie for Customer Appreciation Choice of Milk</p>	<p>17 Chili C w/ Saltines Baked Potato Broccoli w/ Cheese Choice of Milk</p>	<p>18 Oven Fried Chicken C Rice C Apricots C Farm to School Greens Choice of Milk</p>	<p>19 Cheese Pizza Sweet Potato Sticks w/ lowfat Ranch Green Beans Trail Mix C Choice of Milk</p>
<p>22 Manager's Choice</p>	<p>23 Baked Seasoned Chicken C Macaroni & Cheese C Northern Beans C Mixed Fruit C Choice of Milk</p>	<p>24 Grilled Cheese C Sandwich Vegetable Soup C Side Salad w Ranch Customer Appreciation Cookie Choice of Milk</p>	<p>25 BBQ Sandwich C on Bun Potato Triangle Fresh Broccoli Dippers w Ranch Trail Mix C Choice of Milk</p>	<p>26 Chicken Nuggets Baked Beans C Apricots C Cornbread C Choice of Milk</p>
<p>1 Soft Tacos C w/ Meat & Cheese C Fresh Side Salad Buttery Corn Jello Choice of Milk</p>	<p>2 BBQ Chicken C Rice & Gravy Green Beans Homemade Cornbread C Choice of Milk</p>	<p>3 Toasted Ham C & Cheese C Sandwich Peas & Carrots C Pineapple Tidbits Trail Mix C Choice of Milk</p>	<p>4 Pork Roast C Seasonal Fresh Fruit Rice & Gravy C Blueberry Crisp C Choice of Milk</p>	<p>5 Cheeseburger on Bun C Baked Beans C Pineapple Tidbits Trail Mix C Choice of Milk</p>
<p>Chef Salad, Ham C & Cheese C</p>	<p>Vegetarian Salad Walnut C, Cranberry C, Cheese C</p>	<p>Chef Salad, Breaded Chicken & Cheese C</p>	<p>Chicken C Caesar Salad</p>	<p>Chef Salad, Ham C & Cheese C</p>

K-3 receive smaller portion sizes

Lunch Menu 2009 — 2010

Students in grades 2-8 have a choice of Salad, Lite Alternative, or Main Dish

Monday

1
Cheese Pizza
Sweet Glazed Carrots C
Sliced Apples C
Choice of Milk

Tuesday

2
Baked Seasoned Chicken C
Macaroni & Cheese C
Northern Beans C
Mixed Fruit C
Choice of Milk

Wednesday

3
Grilled Cheese C Sandwich
Vegetable Soup C
Fresh Fruit
Customer Appreciation Cookie
Choice of Milk

Thursday

4
BBQ Sandwich C on Bun
Potato Triangle
Fresh Fruit
Choice of Milk

Friday

5
Chicken Nuggets
Baked Beans C
Apricots C
Cornbread C
Choice of Milk

8
Soft Tacos C w/ Meat & Cheese C
Fresh Side Salad
Buttery Corn
Jello
Choice of Milk

9
BBQ Chicken C
Rice & Gravy
Green Beans
Homemade Cornbread C
Choice of Milk

10
Toasted Ham C & Cheese C Sandwich
Peas & Carrots C
Pineapple Tidbits
Choice of Milk

11
Pork Roast C
Seasonal Fresh Fruit
Rice & Gravy C
Blueberry Crisp C
Choice of Milk

12
Cheeseburger on Bun C
Baked Beans C
Pineapple Tidbits
Choice of Milk

15
NO SCHOOL
President's Day

16
Hot Dog on Bun
Applesauce C
Corn on the Cob C
Cookie for Customer Appreciation
Choice of Milk

17
Chili C w/ Saltines
Baked Potato
Broccoli w/ Cheese
Choice of Milk

18
Oven Fried Chicken C
Rice C
Apricots C
Farm to School Greens
Choice of Milk

19
Cheese Pizza
Mixed Fruit C
Green Beans
Choice of Milk

22
Manager's Choice

23
Baked Seasoned Chicken C
Macaroni & Cheese C
Northern Beans C
Mixed Fruit C
Choice of Milk

24
Grilled Cheese C Sandwich
Vegetable Soup C
Side Salad w Ranch
Customer Appreciation Cookie
Choice of Milk

25
BBQ Sandwich C on Bun
Potato Triangle
Mixed Fruit C
Choice of Milk

26
Chicken Nuggets
Baked Beans C
Apricots C
Cornbread C
Choice of Milk

1
Soft Tacos C w/ Meat & Cheese C
Fresh Side Salad
Buttery Corn
Jello
Choice of Milk

2
BBQ Chicken C
Rice & Gravy
Green Beans
Homemade Cornbread C
Choice of Milk

3
Toasted Ham C & Cheese C Sandwich
Peas & Carrots C
Pineapple Tidbits
Choice of Milk

4
Pork Roast C
Seasonal Fresh Fruit
Rice & Gravy C
Blueberry Crisp C
Choice of Milk

5
Cheeseburger on Bun C
Baked Beans C
Pineapple Tidbits
Choice of Milk

Snack Menu 2009 — 2010



**Lite Alternative Menu
2009 – 2010**

Monday

PB & Jelly Sandwich
Carrot sticks w/ Ranch
Fresh Fruit

Tuesday

Yogurt
Graham Crackers
Fresh Banana
Carrot Sticks w Ranch

Wednesday

Fritos
Cheese Wedge
Fresh Fruit
Celery Sticks w Ranch

Thursday

Graham Crackers
Fresh Apple
Walnuts
Carrot Sticks w Ranch

Friday

Celery & Ranch
Sunflower Seeds
Cheetos
Fresh Fruit

