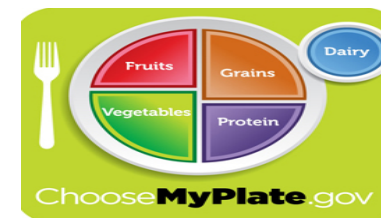


LAWRENCE COUNTY ELEMENTARY and MIDDLE SCHOOLS 2016-2017 LUNCH MENU

Hot Ham or Grilled Chicken Sandwich – WG bun Lettuce/Tomato Garden Peas Carrot stix w/dip Fruit Choice	Chicken Tenders or Hot Dog - WG bun w/ meat sauce Baked Fries Cooked Carrots Creamy Cole Slaw Fruit Choices	Baked Steak or Sliced Roast w/ gravy Whipped Potatoes Steamed Broccoli Dinner Roll Fruit Choices	Mexican Day- Nachos or Chicken Fajita Lettuce/Tomato Fiesta Rice/Corn Refried Beans/Salsa Tortillas or Shells Fruit Choices	Deli Sub Ham/Turkey Toasted Cheese - WG bun Lettuce/Tomato Vegetable Soup Crackers Fruit Choices
Chicken Sandwich or Pulled Pork Sandwich on WG bun Lettuce/Tomato Potato Wedges Fruit Choices	Fish Stix or Corn Dog Macaroni & Cheese Spinach Green Salad Dressing choices Carrot Stix w/dip Fruit Choices	Meatloaf or Chicken Nuggets Whipped Potatoes Seasoned Green Beans Roll Fruit Choices	Deli Sub or Pizza Choices Golden Corn Baked Fries Garden Vegetables Fruit Choices	Chili Bowl Grilled Cheese Baked Potato Fresh Veggie Cup Crackers Fruit Choices
Pizza Choices or Bosco Cheese Stix Golden Corn Celery Stix w/ dip Fruit Choices	Hamburger or Grilled Chicken Sandwich - WG bun Lettuce/Tomato Potato Rounds Mixed Veggie Stix Fruit Choices	Spaghetti w/meat sauce or Chicken Sandwich Baked Potatoes Caesar Salad Broccoli Parmesan Bread Stick-WG Fruit Choices	Toasted Cheese Chicken Noodle Soup Scalloped Potatoes Baby Carrots w/ dip Crackers Fruit Choices	Ham or Open Face Turkey/Gravy Sandwich Whipped Potatoes Seasoned Green Beans Fruit Choices
Hotdogs or Sloppy Joe – on WG bun Potato Wedges Baked Beans Creamy Cole Slaw Fruit Choices	Grilled Chicken Sandwich or Deli Wrap Lettuce/Tomato Carrot Stix Sun Chips/ Salsa Corn Fruit Choices	Chicken Strips or Meatloaf Whipped Potatoes Mixed Garden Greens Dinner Roll Fruit Choices	Pizza Choices or Deli Sub- WG bun Pasta Salad Corn Lettuce/Tomato Fruit Choices	Soup Beans or Corndogs Kraut/ Wieners Diced Potatoes Veggie Stix Cornbread Fruit Choices

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 686-2244
Marilyn Miller, LOUISA MIDDLE Manager
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 638-3583
 Students eat breakfast/lunch FREE
 Adult breakfast- 2.00
 Adult lunch- 3.00
 Ala-carte priced separately
 Menu is subject to change without notice due to State regulated Nutritional Standards and availability.
 Daily Milk Choices: One Cup carton
 Fat Free Chocolate
 1% White



***End of School Year will be Chef's Delight

August 2016					September 2016					October 2016					November 2016					December 2016				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
1	2	3	4	5				1	2	3	4	5	6	7		1	2	3	4				1	2
8	9	10	11	12	5	6	7	8	9	10	11	12	13	14	7	8	9	10	11	5	6	7	8	9
15	16	17	18	19	12	13	14	5	16	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
22	23	24	25	26	19	20	21	22	23	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
29	30	31			26	27	28	29	30	31					28	29	30			26	27	28	29	30
January 2017					February 2017					March 2017					April 2017					May 2017				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
2	3	4	5	6			1	2	3			1	2	3	3	4	5	6	7	1	2	3	4	5
9	10	11	12	13	6	7	8	9	10	6	7	8	9	10	10	11	12	13	14	8	9	10	11	12
16	17	18	19	20	13	14	15	16	17	13	14	15	16	17	17	18	19	20	21	15	16	17	18	19
23	24	25	26	27	20	21	22	23	24	20	21	22	23	24	24	25	26	27	28	22	23	24	25	26
30	31				27	28				27	28	29	30	31						29	30	31		

My Plate is the newest healthy eating guide from USDA and it is full of great ideas for nutrition balance
FRUITS: RED
VEGETABLES: GREEN
GRAINS: ORANGE
PROTEIN: PURPLE
DAIRY: BLUE

LAWRENCE COUNTY ELEMENTARY and MIDDLE SCHOOLS 2016-2017 BREAKFAST MENU

<p style="text-align: center;">Chicken Biscuit Assorted Fruit Choices</p>	<p style="text-align: center;">Waffles Sticks or Pop Tart-WG Assorted Fruit Choices</p>	<p style="text-align: center;">Pancake-on-Stick Assorted Fruit Choices</p>	<p style="text-align: center;">Sausage, Biscuit & Gravy Cinnamon Apples Assorted Fruit Choices</p>	<p style="text-align: center;">Scrambled Eggs Toast Assorted Fruit Choices</p>
<p style="text-align: center;">Breakfast Pizza Assorted Fruit Choices</p>	<p style="text-align: center;">Oatmeal/Toast or Pop Tart-WG Assorted Fruit Choices</p>	<p style="text-align: center;">French Toast Sticks Sausage Patty Assorted Fruit Choices</p>	<p style="text-align: center;">Sausage, Biscuit & Gravy Cinnamon Apples Assorted Fruit Choices</p>	<p style="text-align: center;">Breakfast Burrito Assorted Fruit Choices</p>
<p style="text-align: center;">Hot Pancakes Assorted Fruit Choices</p>	<p style="text-align: center;">Blueberry Muffin or Pop Tart-WG Assorted Fruit Choices</p>	<p style="text-align: center;">Scrambled Eggs Toast Assorted Fruti Choices</p>	<p style="text-align: center;">Sausage, Biscuit & Gravy Cinnamon Apples Assorted Fruit Choices</p>	<p style="text-align: center;">Hot Ham Biscuit Assorted Fruit Choices</p>
<p style="text-align: center;">Breakfast Pizza Assorted Fruit Choices</p>	<p style="text-align: center;">Breakfast Burrito Assorted Fruit Choices</p>	<p style="text-align: center;">Blueberry Muffin or Pop Tart-WG Assorted Fruit Choices</p>	<p style="text-align: center;">Sausage, Biscuit & Gravy Cinnamon Apples Assorted Fruit Choices</p>	<p style="text-align: center;">Scrambled Eggs Biscuit Assorted Fruit Choices</p>

School Breakfast.....The First Step to Learning.....Children who are hungry find it hard to stay alert and participate in their classroom experiences. The Lawrence County breakfast program helps close the readiness gap with nutritious food before classes begin.

**Daily Milk Choices: One Cup carton
Fat Free Chocolate
1% White**

**Daily Cereal Choices/Cereal Bars or Toast &
Jelly or Yogurt**

- √ Healthy School Breakfast
- √ Healthy Minds
- √ Healthy Bodies

**Lawrence Co Elem/Middle Schools serving
daily a choice of:
Variety breakfast entrees for Grab-n-Go
Fresh Fruits and Juices**



Lawrence County Schools offers school breakfast and lunch daily. Students who have a disability which may prevent them from eating meals prepared by food service may be eligible for accommodation. Please contact Cindy Hay, Food Service Director for information. The [Medical Statement for Students Requiring Special Meals](#) must be completed and the specific needs of the student identified from a recognized medical authority. Medical Statements are available in the school front office or from the school food service manager. If you need additional information, please do not hesitate to contact: Cindy Hay, Food Service Director 606.638.9671 (or) cindy.hay@lawrence.kyschools.us