

WARREN COUNTY SCHOOLS

Chilled Fruit, Fresh Fruit and choice of Milk (1% Unflavored, Fat Free Unflavored or Fat Free Flavored) available daily.

NOTES

Menu is subject to change.

9-12 FALL LUNCH MENU

NOV 2016 – MAR 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Pork Rib on Bun Corn Dog on Stick Baked Beans French Fries	Cheeseburger on Bun Chicken Vegetable Soup w/ Toasted Cheese Sandwich Sweet Peas Lettuce & Tomato	Chicken Filet on Bun Pork BBQ on Bun French Fries Cole Slaw Lettuce & Tomato	Baked Spaghetti w/ Breadsticks Stack Mack Ham & Cheese Sandwich Garden Salad Seasoned Corn	Pepperoni Pizza Chicken Nuggets w/ Roll Sweet Potato Fries Steamed Broccoli
2	Hot Dog on Bun w/ Chili Cheese Sticks w/ Marinara Sauce Baked Beans Cole Slaw	Cheeseburger on Bun Baked Potato w/ Toppings & Pretzel Lettuce & Tomato Green Beans	Chicken Filet on Bun Meatball Sub Seasoned Corn Sweet Potato Fries	Chicken Tenders w/ Sauce & Roll Beefaroni w/ Roll Seasoned Collards Glazed Carrots	Stuffed Crust Pizza Corn Dog on a Stick Garden Salad French Fries
3	Pork Chop on Bun Teriyaki Chicken w/ Rice & Roll Baked Beans Oriental Mixed Vegetables	Cheeseburger on Bun Chicken Fajitas w/ Tortilla Wrap Seasoned Corn Lettuce & Tomato Steamed Cabbage	Chicken Filet on Bun Chili Con Carne w/ Corn Muffin Garden Salad Peas & Carrots	Oven Baked Chicken w/ Roll Pork BBQ on Bun Seasoned Squash Seasoned Collards	Pepperoni Pizza Beef Dippers w/ Roll Steam Broccoli Sweet Potato Fries
4	Hot Dog on Bun w/ Chili Pork Rib on Bun Baked Beans Cole Slaw	Cheeseburger on Bun Fish Nuggets w/ Hushpuppies Sweet Potato Fries Green Beans Lettuce & Tomato	Chicken Filet on Bun Cheese Sticks w/ Marinara Sauce Glazed Carrots Seasoned Corn	Salisbury Steak w/ Gravy, Rice & Roll Chicken Nuggets w/ Roll Steamed Broccoli w/ Cheese Steamed Cabbage	Stuffed Crust Pizza Pork Chop on Bun French Fries Seasoned Squash

OTHER DAILY SELECTIONS:

A LA CARTE

Monday
Chickn Tenders

Tuesday
6" Pepperoni Pizza

Wednesday
Double Cheeseburger

Thursday
Buffalo Wings

Friday
Chickn Filet Sandwich

SNACKS
We offer a variety of a la carte snack items daily

DRINKS
100% Juice
12 oz. Water
20 oz. Diet Soda

NUTRITION BITES:

- Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch¹.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

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			

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

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				

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				

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	

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

1. NHANES 2011-12
2. USDA. MyPlate.gov. <http://www.myplate.gov>.

WARREN COUNTY SCHOOLS

Chilled Fruit, Fresh Fruit and choice of Milk (1% Unflavored, Fat Free Unflavored or Fat Free Flavored) available daily.

NOTES

Menu is subject to change.

K-12 BREAKFAST MENU

NOV 2016 - MAY 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Chicken Biscuit Fruit & Assorted Juices Milk	Breakfast Pizza Fruit & Assorted Juices Milk	Sausage Biscuit Fruit & Assorted Juices Milk	French Toast w/ Syrup Fruit & Assorted Juices Milk	Super Doughnut Fruit & Assorted Juices Milk
2	Sausage Biscuit Fruit & Assorted Juices Milk	Jumbo Waffles w/ Syrup Fruit & Assorted Juices Milk	Breakfast Pizza Fruit & Assorted Juices Milk	Chicken Biscuit Fruit & Assorted Juices Milk	Cinnamon Bun Fruit & Assorted Juices Milk
3	Steak Biscuit Fruit & Assorted Juices Milk	Strawberry Pancake Fruit & Assorted Juices Milk	Chicken & Waffles Fruit & Assorted Juices Milk	French Toast w/ Syrup Fruit & Assorted Juices Milk	Chicken Biscuit Fruit & Assorted Juices Milk
4	Super Doughnut Fruit & Assorted Juices Milk	Blueberry Muffin Fruit & Assorted Juices Milk	Pop Tart Fruit & Assorted Juices Milk	Sausage Biscuit Fruit & Assorted Juices Milk	Breakfast Pizza Fruit & Assorted Juices Milk

OTHER DAILY SELECTIONS:

ENTREES

Assorted Cereals
Yogurt with Granola

DRINKS

100% Juice
12 oz. Water

NUTRITION BITES:

- Breakfast is an important source of vitamin D and calcium, providing 38% of vitamin D and 24% of calcium to children age 2 to 19¹
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal¹

November 2016

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			

December 2016

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

January 2017

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				

February 2017

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				

March 2017

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	

April 2017

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
23/30	24	25	26	27	28	29

May 2017

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					

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

1. NHANES 2011-12.

“Warren County Schools is an equal opportunity provider”

WARREN COUNTY SCHOOLS

Chilled Fruit, Fresh Fruit and choice of Milk (1% Unflavored, Fat Free Unflavored or Fat Free Flavored) available daily.

NOTES

Menu is subject to change.

K-8 FALL LUNCH MENU

NOV 2016 – MAR 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Pork Rib on Bun Corn Dog on Stick Baked Beans French Fries	Cheeseburger on Bun Chicken Vegetable Soup w/ Toasted Cheese Sandwich Sweet Peas Lettuce & Tomato	Chicken Filet on Bun Pork BBQ on Bun French Fries Cole Slaw Lettuce & Tomato	Baked Spaghetti w/ Breadsticks Toasted Ham & Cheese Sandwich Garden Salad Seasoned Corn	Pepperoni Pizza Chicken Nuggets w/ Roll Sweet Potato Fries Steamed Broccoli
2	Hot Dog on Bun w/ Chili Cheese Sticks w/ Marinara Sauce Baked Beans Cole Slaw	Cheeseburger on Bun Baked Potato w/ Toppings Lettuce & Tomato Green Beans	Chicken Filet on Bun Meatball Sub Seasoned Corn Sweet Potato Fries	Chicken Tenders w/ Sauce & Roll Beefaroni w/ Roll Seasoned Collards Glazed Carrots	Stuffed Crust Pizza Corn Dog on a Stick Garden Salad French Fries
3	Pork Chop on Bun Teriyaki Chicken w/ Rice & Roll Baked Beans Oriental Mixed Vegetables	Cheeseburger on Bun Chicken Fajitas w/ Tortilla Wrap Seasoned Corn Lettuce & Tomato Steamed Cabbage	Chicken Filet on Bun Chili Con Carne w/ Corn Muffin Garden Salad Peas & Carrots	Oven Baked Chicken w/ Roll Pork BBQ on Bun Seasoned Squash Seasoned Collards	Pepperoni Pizza Beef Dippers w/ Roll Steam Broccoli Sweet Potato Fries
4	Hot Dog on Bun w/ Chili Pork Rib on Bun Baked Beans Cole Slaw	Cheeseburger on Bun Fish Nuggets w/ Hushpuppies Sweet Potato Fries Green Beans Lettuce & Tomato	Chicken Filet on Bun Cheese Sticks w/ Marinara Sauce Glazed Carrots Seasoned Corn	Salisbury Steak w/ Gravy, Rice & Roll Chicken Nuggets w/ Roll Steamed Broccoli w/ Cheese Steamed Cabbage	Stuffed Crust Pizza Pork Chop on Bun French Fries Seasoned Squash

OTHER DAILY SELECTIONS:

A LA CARTE

Monday
Chickn Tenders

Tuesday
6" Pepperoni Pizza

Wednesday
Double Cheeseburger

Thursday
Buffalo Wings

Friday
Chickn Filet Sandwich

SNACKS
We offer a variety of a la carte snack items daily

DRINKS
100% Juice
12 oz. Water

NUTRITION BITES:

- Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch¹.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

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			

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

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				

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				

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	

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

1. NHANES 2011-12
2. USDA. MyPlate.gov. <http://www.myplate.gov>.

WARREN COUNTY SCHOOLS

Chilled Fruit, Fresh Fruit and choice of Milk (1% Unflavored, Fat Free Unflavored or Fat Free Flavored) available daily.

NOTES

Menu is subject to change.

PRE-K FALL LUNCH MENU

NOV 2016 – MAR 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Pork Rib on Bun Baked Beans French Fries	Cheeseburger on Bun Sweet Peas Lettuce & Tomato	Chicken Filet on Bun French Fries Cole Slaw	Baked Spaghetti w/ Breadsticks Garden Salad Seasoned Corn	Pepperoni Pizza Sweet Potato Fries Steamed Broccoli
2	Cheese Sticks w/ Marinara Sauce Baked Beans Cole Slaw	Cheeseburger on Bun Lettuce & Tomato Green Beans	Meatball Sub Seasoned Corn Sweet Potato Fries	Beefaroni w/ Roll Seasoned Collards Glazed Carrots	Stuffed Crust Pizza Garden Salad French Fries
3	Teriyaki Chicken w/ Rice & Roll Baked Beans Oriental Mixed Vegetables	Chicken Fajitas w/ Tortilla Wrap Seasoned Corn Lettuce & Tomato	Chicken Filet on Bun Garden Salad Peas & Carrots	Oven Baked Chicken w/ Roll Seasoned Squash Seasoned Collards	Pepperoni Pizza Steam Broccoli Sweet Potato Fries
4	Pork Rib on Bun Baked Beans Cole Slaw	Fish Nuggets w/ Hushuppies Sweet Potato Fries Green Beans Lettuce & Tomato	Cheese Sticks w/ Marinara Sauce Glazed Carrots Seasoned Corn	Chicken Nuggets w/ Roll Steamed Broccoli w/ Cheese Steamed Cabbage	Stuffed Crust Pizza French Fries Seasoned Squash

OTHER DAILY SELECTIONS:

A LA CARTE

Monday
Chickn Tenders

Tuesday
6" Pepperoni Pizza

Wednesday
Double Cheeseburger

Thursday
Buffalo Wings

Friday
Chickn Filet Sandwich

SNACKS
We offer a variety of a la carte snack items daily

DRINKS
100% Juice
12 oz. Water

NUTRITION BITES:

- Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch¹.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

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			

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

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				

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				

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	

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

1. NHANES 2011-12
2. USDA. MyPlate.gov. <http://www.myplate.gov>.

WARREN COUNTY SCHOOLS

**Available Daily
Assorted Milk or 100% Juice**

NOTES

Menu is subject to change.

AFTER SCHOOL SNACK MENU

NOV 16 - MAY 2017

OTHER DAILY SELECTIONS:

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Goldfish Crackers 100% Juice	Graham Crackers Milk	Strawberry Pop-Tart Milk	Cereal Bar 100% Juice	Fresh Fruit Milk
2	Carrots & Dip Milk	Assorted Cereal Milk	Cheez-It Crackers 100% Juice	Animal Crackers Milk	Tortilla Chips & Salsa Milk
3	Fresh Fruit Milk	Cereal Bar Milk	Goldfish Crackers 100% Juice	Super Doughnut Milk	Cheez-It Crackers 100% Juice
4	Cinnamon Crisp Milk	Strawberry Pop-Tart Milk	Carrots & Dip Milk	Assorted Cereal Milk	Animal Crackers 100% Juice

NUTRITION BITES:

- Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations.¹
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

November 2016

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			

December 2016

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

January 2017

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				

February 2017

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				

March 2017

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

April 2017

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
23/30	24	25	26	27	28	29

May 2017

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			

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

1. 2015-2020 Dietary Guidelines for Americans
2. USDA. MyPlate.gov. <http://www.myplate.gov>.

"Warren County Schools is an equal opportunity provider"