

PRAIRIE CENTRAL CUSD #8
2011-2012 SCHOOL
MENU



BREAKFAST MENU

Breakfast is offered at all schools. Choice of Fruit or Juice, and Milk are offered with all Breakfasts

DID YOU KNOW:

A school breakfast is made up of at least 3, but no more than 4 meal components, which are defined as 1 serving of fruit or juice, 1 serving of milk, 1oz. meat/meat alternative, 1 eq. Grain/Bread.

On average, children ages 6-12 get only 12g of fiber daily - less than half the recommended daily intake. 75% of kids don't meet their daily fiber requirement. The Institute of Medicine recommends that whole grains and fiber levels need to be increased considerably.

WHOLE GRAIN BREAD OFFERED DAILY

Week 1

- Monday**
Waffle or Waffle Stix
- Tuesday**
Funnel Cake
- Wednesday**
Pancake Sausage Dog
- Thursday**
Breakfast Pizza
- Friday**
Cereal and Donut

Week 2

- Monday**
Breakfast Bagel
- Tuesday**
Egg Patty/Cheese and Biscuit
- Wednesday**
Pancake w/Sausage Patty
- Thursday**
Breakfast Pizza
- Friday**
Cereal and Pop-Tart®

Week 3

- Monday**
French Toast or French Toast Stix
- Tuesday**
Cinnamon Roll
- Wednesday**
Pancake Sausage Dog
- Thursday**
Breakfast Bacon Scramble
- Friday**
Yogurt and Donut

Week 4

- Monday**
Egg Patty/Cheese and Toast
- Tuesday**
Breakfast Bagel
- Wednesday**
Sausage Patty and English Muffin
- Thursday**
Breakfast Pizza
- Friday**
Cereal and Toast

CHEF'S CHOICE OPTIONS

One Entrée from list will be offered on Chef's Choice Day.

- Huntington Chicken
- Roast Pork with Mashed Potatoes & Gravy
- Roast Turkey with Mashed Potatoes & Gravy
- Oven Roasted Chicken with Mashed Potatoes & Gravy
- Sub Sandwich
- Grilled Cheese Sandwich & Chili
- Grilled Cheese Sandwich & Chicken Noodle Soup
- Fajita Chicken Wrap
- Breakfast for Lunch

VEGETABLES

Choice of One Daily:

- Baked Beans
- Bean Salad
- Broccoli
- California Blend
- Carrots with Dip
- Hot Candied Carrots
- Corn
- Green Beans
- Hummus Dip
- Shredded Lettuce
- Peas
- Potato Fries
- Potato Rounds
- Potato Wedges
- Refried Beans
- Variety of Relishes w/Dip
- Romaine Lettuce
- Sweet Potato Fries

FRUITS

Choice of One Daily:

- Apple
- Apple Slices
- Chilled Applesauce
- Warm Cinnamon Apples
- Banana
- Fruit Crisp
- Grapes
- Orange Wedges
- Chilled Peas
- Fresh Pear
- Chilled Pineapple
- Strawberries
- Chilled Peaches

MEAL PRICING

Breakfast	\$1.65
Reduced Breakfast	\$0.30
Elementary Lunch	\$2.20
Jr. High Lunch	\$2.40
High School Lunch	\$2.65
Reduced Lunch	\$0.40



DRINKS

Low-Fat Milk Offered Daily:
White (Skim)
Chocolate (1%)



Lunch & Breakfast Meal Calendar

● Week One Meal Plan ● Week Two Meal Plan ● Week Three Meal Plan ● Week Four Meal Plan

August '11 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	September '11 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
October '11 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	November '11 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 '11 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 '11 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 '12 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	March '12 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 '12 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	May '12 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

*1pm Early Dismissal

LUNCH MENU

* Denotes Whole Grain Product

Week 1	Monday • Hot Pretzel* with Cheese Sauce • Ham	Tuesday • Hot Dog on a Bun • Cottage Cheese	Wednesday • Soft Shell Taco with Meat & Cheese • Shredded Lettuce, Salsa	Thursday • Pizza • Bakery Treat	Friday • Chicken Nuggets • Baked Potato with Toppings
Week 2	Monday • Corn Dog Nuggets	Tuesday • Mozzarella Cheese Dippers	Wednesday • Chicken Patty • Mashed Potatoes with Gravy	Thursday • Chef's Choice (Meat Entrée) • Jello Square	Friday • Nacho Supreme with Meat & Cheese Sauce • Shredded Lettuce • Tortilla Chips*
Week 3	Monday • Cheeseburger on a Bun	Tuesday • Stuffed Crust Pizza	Wednesday • Taco Salad with Meat & Cheese • Shredded Lettuce, Salsa • Tortilla Chips* • Frozen Yogurt or Sherbet	Thursday • Spaghetti with Meat Sauce • Garlic Bread	Friday • Chicken Nuggets • Mashed Potatoes with Gravy
Week 4	Monday • Corn Dog • Graham Crackers*	Tuesday • Pizza	Wednesday • Chicken Patty on a Bun	Thursday • Chef's Choice (Meat Entrée) • Frozen Orange Juice Bar	Friday • Bosco Mozzarella Cheese Stick With Meat Sauce • Pasta

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