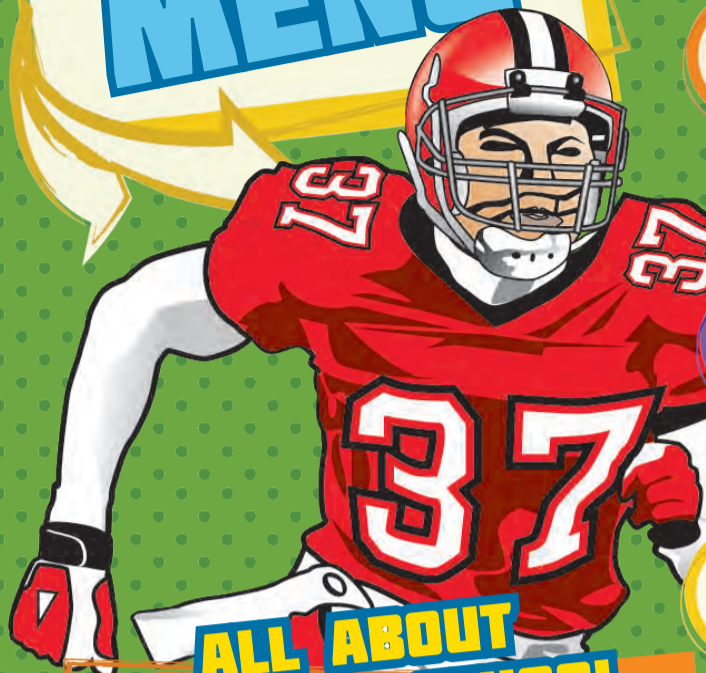


2011-2012 MENU



ALL ABOUT MEALS AT SCHOOL

Good nutrition goes hand in hand with education and is essential to cognitive and physical development. Each school breakfast and lunch programs offer nutritional and tasty options for students every day of the year. Menus are subject to change due to availability of food items or special events at the school. More detailed menu information may be available on your child's school website. If your child has unique nutritional needs or food allergies, please discuss these with the school nurse, cafeteria manager, and classroom teacher.

DID YOU KNOW?

Three or more whole grain times are offered each week. We offer fresh fruit twice each week. We serve fat-free and low-fat dairy products

BREAKFAST MENU

Assorted Cereals and Toast are offered daily as an additional breakfast option. Variety of Milk is offered daily.

1

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- Sausage Gravy Breakfast Pizza OR
- Plain Bagel & Cream Cheese
- Juice, Choice

- Pancakes and Sausage Link
- Applesauce

- Chicken Biscuit OR • Kellogg's® Strawberry Pop-Tart®
- Juice, Choice

- Brk Casserole or
- French Toast & Sausage Link
- Juice, Choice

- Pancake Wraps OR • Blueberry Muffin & Scrambled Eggs
- Bananas 1/2 Cup

2

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- Egg & Cheese Biscuit OR
- Kellogg's® Blueberry Pop-Tart®
- Juice, Choice

- Grits & Scrambled Eggs OR • French Toast Stick & Scrambled Eggs
- Pineapple 1/2 Cup

- Pancakes and Sausage Link
- Juice, Choice

- Pillsbury Apple Frudel OR
- Kellogg's® Strawberry Pop Tart®
- Orange Wedges 1/2 Cup

- Sausage Gravy Breakfast Pizza OR
- Bagel & Cream Cheese
- Juice, Choice

3

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- Pancake Wraps OR
- Grilled Cheese Sandwich
- Juice, Choice

- BRK Casserole OR • Apple Muffin & Scrambled Eggs
- Apples, Fresh 1/2 Cup

- Pancakes and Sausage Link OR
- Kellogg's® Blueberry Pop-Tart®
- Juice, Choice

- Sausage Gravy Breakfast Pizza OR
- Plain Bagel & Cream Cheese
- Peaches 1/2 Cup

- Ham Biscuit
- Juice, Choice

4

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- Pancake Wraps OR
- Kellogg's® Strawberry Pop-Tart®
- Juice, Choice

- Sausage Biscuit
- Grapes, Fresh

- Pancakes and Sausage Link
- Juice, Choice

- Sausage Gravy Breakfast Pizza OR
- Chocolate Muffin & Scrambled Eggs
- Pears

- Cinnamon French Toast OR • Grilled Cheese Sandwich
- Juice, Choice

MENU PRICING

MIDDLE/HIGH SCHOOL BREAKFAST	\$0.95
REDUCED BREAKFAST	\$0.30
ADULT BREAKFAST	\$2.00
MIDDLE/HIGH SCHOOL LUNCH	\$2.00
REDUCED LUNCH	\$0.40
ADULT LUNCH	\$3.30

A-LA CART PRICING

EXTRA ENTREE	\$1.50
MILK	\$0.60
FRUITS/VEGETABLES	\$0.75
BOTTLED WATER	\$0.75
100% JUICE 10 OZ	\$1.00
GRAINS/BREADS	\$0.50
ADDITIONAL SNACK ITEMS	\$.50-\$1.00

WEEKLY LUNCH MENU

1

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- Chicken Nugget
- Scalloped Potatoes
- Stir Fry Vegetables
- Orange Wedges
- Whole Wheat Rolls
- Milk (Variety)

- Turkey Sausage
- Macaroni & Cheese
- Turnip Greens
- Steamed Squash
- Fruited Jello
- Cornbread
- Milk (Variety)

- Spaghetti and Meat Sauce
- Garden Salad
- Corn • Cucumber & Carrot Coins w/Dip
- Apple Crisp
- Garlic Bread
- Milk (Variety)

- Fried Chicken w/White Rice, Brown Gravy OR
- BBQ Sandwich & Cheez-It® Scramble Jr.
- Green Beans
- Sweet Potato Patty
- Peaches
- Whole Wheat Rolls
- Milk (Variety)

- Baked Potato with Trimmings and Chili
- Steamed Broccoli
- Peas & Carrots
- Fresh Fruit
- Saltine Crackers
- Milk (Variety)

2

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- Shepherd's Pie
- Green Peas
- Fried Squash
- Candied Apple Wedges
- Whole Wheat Rolls
- Milk (Variety)

- Chicken Bog with Sausage
- Green Peas
- Candied Yams
- Fruit Cocktail
- Whole Wheat Rolls
- Milk (Variety)

- Tacos
- Lettuce & Tomato w/ Cheese
- Corn on the Cob
- Broccoli Salad
- Peach Cobbler
- Milk (Variety)

- Fried Chicken with Yellow Rice, Spiced Carrots OR
- Corn Dog and Cheez-It® Scramble Jr.
- Green Beans
- Carrots, Spiced
- Lime Sherbet
- Whole Wheat Rolls
- Milk (Variety)

- Beef Stew
- Mashed Potatoes
- Mixed Vegetables
- Bananas
- Whole Wheat Rolls
- Milk (Variety)

3

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- Chicken Nuggets
- Mashed Potatoes
- Brown Gravy • Green Beans • Waldorf Fruit
- Salad
- Pumpkin Cake
- Milk (Variety)

- Baked Ham
- Macaroni & Cheese
- Steamed Broccoli
- Fried Okra
- Fruited Jello
- Cornbread
- Milk (Variety)

- Lasagna w/ Cheese
- Garden Salad
- Corn • Three Bean Salad
- Apple Crisp
- Garlic Bread
- Milk (Variety)

- Fried Chicken w/Brown Rice OR • BBQ Sandwich and Cheez-It® Scramble Jr.
- Green Beans
- Sweet Potato Souffle
- Pineapple Chunks
- Whole Wheat Rolls
- Milk (Variety)

- Hamburger Steak
- Baked Potato
- Green Beans
- Rosy Applesauce
- Whole Wheat Rolls
- Milk (Variety)

4

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- Barbeque Pork
- White Rice • Cole Slaw
- Sweet Potato Sticks
- Orange Wedges
- Cornbread
- Milk (Variety)

- Oriental Beef Bowl
- Field Peas
- Stir Fry Vegetables
- Pears Diced
- Whole Wheat Rolls
- Milk (Variety)

- Nachos w/Cheese
- Lettuce & Tomato w/ Cheese
- Corn on the Cob
- Black-eyed Peas
- Peach Crisp
- Milk (Variety)

- Fried Chicken w/White Rice, Brown Gravy OR • Corn Dog and Cheez-It® Scramble Jr.
- Green Beans
- Carrot-Raisin Salad
- Orange Sherbet
- Whole Wheat Rolls
- Milk (Variety)

- Turkey & Noodles
- Field Peas
- Steamed Squash
- Fruit Cocktail
- Whole Wheat Rolls
- Milk (Variety)

SCHOOL MEAL CALENDAR

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

AUGUST '11							SEPTEMBER '11						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	
OCTOBER '11							NOVEMBER '11						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29				
30	31												
DECEMBER '11							JANUARY '12						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30	31				
FEBRUARY '12							MARCH '12						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1	2	3	4	5	6	7
5	6	7	8	9	10	11	4	5	6	7	8	9	10
12	13	14	15	16	17	18	11	12	13	14	15	16	17
19	20	21	22	23	24	25	18	19	20	21	22	23	24
26	27	28	29				25	26	27	28	29	30	31
APRIL '12							MAY /JUNE '12						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1	2	3	4	5	6	7
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31	1 (June)	2

The menu is subject to change without notice due to price and/or availability of food. 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. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call 800-795-3272 (TTY). USDA is an equal opportunity provider and employer.

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WAYS TO PURCHASE MEALS



PRE-PAYMENTS ONLINE

Make your first payment your last! Now use your debit or credit card to make payments online at www.MyLunchMoney.com or call at 1-800-479-3531.



CHECK

Make checks payable to your child's school cafeteria. Include child's name and home room teacher. Make sure all checks include your physical address and phone number. If you need your child's customer id, please contact their school cafeteria manager or call 843-488-6925.



CASH

Cash may be brought to any cafeteria in the district for deposit to any student's account, or students may pay with cash on a daily basis.

REDUCED PRICES & FREE MEALS

Reduced price and free meals are available to those who qualify. Family applications are made available during registration and throughout the year. Parents may complete one application for all children in the household. Contact the cafeteria manager at your child's school or the HCS Food Service staff at 843-488-6925 for more information.



HORRY COUNTY SCHOOLS MIDDLE SCHOOL & HIGH SCHOOL LUNCH MENU

**"WE SERVE EDUCATION
EVERY DAY."**



2011 - 2012 MENU



Horry County Schools Food Services

335 Four Mile Rd.
Conway, SC 29528
843-488-6925

www.horrycountyschools.net

Menus are subject to change due to market conditions and/or availability. Menus may also vary at individual sites due to special events, preferences, or in anticipation of a school holiday. Please contact your school cafeteria manager or visit your child's school website for more detailed menu information. Horry county schools does not discriminate on the basis of race, religion, color, national origin, sex, disability, age, immigrant status, English-speaking status, or any other characteristic protected by applicable federal or S.C. law in its programs or activities. For questions regarding the nondiscrimination policies call 843-488-6700, or write Horry County Schools, 335 Four Mile Rd., Conway, SC 29526.