

Calhoun County Schools Breakfast Menu January 2009

Monday	Tuesday	Wednesday	Thursday	Friday
			1 NO SCHOOL	2 NO SCHOOL
5 NO SCHOOL	6 Cheese Grits Sausage Assorted Cereal with Buttered Toast Assorted Fruit Juice	7 Ham & Cheese Biscuit with Hash Brown Assorted Cereal with Buttered Toast Assorted Fruit Juice	8 Pancakes & Sausage Link Assorted Cereal with Buttered Toast Assorted Fruit Juice	9 Scrambled Egg Grits w/ Toast Assorted Cereal with Buttered Toast Assorted Fruit Juice
12 Grits with Cheese Toast Assorted Cereal with Buttered Toast Assorted Fruit Juice	13 Ham, Egg & Cheese Mc Muffin Assorted Cereal with Buttered Toast Assorted Fruit Juice	14 Pancakes & Sausage Link Assorted Cereal with Buttered Toast Assorted Fruit Juice	15 Sausage Gravy & Biscuit Hash Brown Assorted Cereal with Buttered Toast Assorted Fruit Juice	16 French Toast Sticks & Sliced Ham Assorted Cereal with Buttered Toast Assorted Fruit Juice
19 Martin Luther King Holiday	20 French Toast Sticks & Sliced Ham Assorted Cereal with Buttered Toast Assorted Fruit Juice	21 Scrambled Egg Grits Assorted Cereal with Buttered Toast Assorted Fruit Juice	22 Waffles & Sausage Links Assorted Cereal with Buttered Toast Assorted Fruit Juice	23 Sausage Biscuit with Hash Brown Assorted Cereal with Buttered Toast Assorted Fruit Juice
26 Sausage Gravy & Biscuit Hash Brown Assorted Cereal with Buttered Toast Assorted Fruit Juice	27 Pancakes & Sausage Link Assorted Cereal with Buttered Toast Assorted Fruit Juice	28 Western Style Scrambled Egg w/ Grits Assorted Cereal with Buttered Toast Assorted Fruit Juice	29 Ham, Egg & Cheese Mc Muffin Assorted Cereal with Buttered Toast Assorted Fruit Juice	30 French Toast Sticks & Linked Sausage Assorted Cereal with Buttered Toast Assorted Fruit Juice

Choice of Lowfat White, Chocolate or Strawberry Milk Offered Daily

Breakfast Prices: Paid \$1.00, Reduced \$.30

Food Focus – Italy

There are not too many nations that can say their national dish has become an international phenomenon. Italy has two such dishes, pasta and of course pizza. In America pizza usually falls into two categories: thick and cheesy Chicago style or thin and more traditional New York pizza. In Italy pizza also falls into two distinct categories: Italian pizza and the rest of the world. It might seem silly considering the basic ingredients, but one taste of a true Italian pizza and that's it. You will never feel the same about this simple and delicious food again.

The word "pizza" is thought to have come from the Latin word *pinsa*, meaning flatbread. A legend suggests that Roman soldiers gained a taste for Jewish Matzoth while stationed in Roman occupied Palestine and developed a similar food after returning home. However a recent archeological discovery has found a preserved Bronze Age pizza in the Veneto region. By the Middle Ages these early pizzas started to take on a more modern look and taste. The peasantry of the time used what few ingredients they could get their hands on to produce the modern pizza dough and topped it with olive oil and herbs. The introduction of the Indian Water Buffalo gave pizza another dimension with the production of mozzarella cheese. Even today, the use of fresh mozzarella di buffalo in Italian pizza cannot be substituted.



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