

Menus for September 2010



Remembering our Heroes on September 11, and showing our support for them all year round.



Blountstown Elementary School

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DON'T LET THIS HAPPEN TO YOU!!!



YOU HAVE TO EAT WELL TO COMPETE WELL!!!

EATING BALANCED, HEALTHY MEALS IS **CRUCIAL** FOR YOUR DEVELOPMENT AND SUCCESS . . . IN THE **CLASSROOM** AND ON THE **FIELD**, TOO!

Monday, Sept. 6



Tuesday, Sept. 7

Breakfast
Scrambled Egg w/
Cheese Grits OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Country Fried Steak
Rice w/ Gravy
Turnip Greens
Corn Bread
Mixed Fruit

Wednesday, Sept. 8

Breakfast
Scrambled Egg w/
Cheese Grits OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Meat Ball Sub
Baked Potato Wedges
Diced Pears

Thursday, Sept. 9

Breakfast
Grits and Ham Cubes
Pumpkin Muffin OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Loaded Baked Potato w/
Ham, Cheese and Broccoli
Sliced Peaches
W/W Roll

Friday, Sept. 10

Breakfast
Sausage Gravy and Biscuit
OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Stuff Crust Pepperoni Pizza
Garden Salad
Fresh Fruit

Wednesday, Sept. 1

Breakfast
Scrambled Eggs w/
Cheese Grits OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Oven Fried Chicken
Rice w/ Gravy
Mixed Vegetables
W/W Roll
Apple Crisp

Thursday, Sept. 2

Breakfast
Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Spaghetti w/ Meat Sauce
Green Beans
Garlic Bread Stick
Mixed Fruit Cup

Friday, Sept. 3

Breakfast
Pancakes w/ Syrup
Linked Sausage OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch
Cheese Pizza
Garden Salad
Fresh Fruit
Home Baked Cookie



★ OUR NATION'S HISTORY ★

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he first Monday in September became a National Holiday more than a century ago. Today, we might think of it as the last day of summer fun or maybe the beginning of football season. But we should never forget the workers who this holiday was created to honor – like the men in this classic 1930's picture, building skyscrapers in New York, and like millions of men and women today. Happy Labor Day!

★ WITH LIBERTY & JUSTICE FOR ALL ★

Monday, Sept. 13

Breakfast

Sausage Pancake on a Stick
w/ Syrup OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Chicken Parmesan w/Pasta
Steamed Broccoli
W/W Roll
Mixed Fruit Cup

Tuesday, Sept. 14

Breakfast

Scrambled Eggs w/ Grits
OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Turkey Pot Pie w/ Mixed Veg.
and Biscuit
Garden Salad
Flavored Apple Sauce

Wednesday, Sept. 15

Breakfast

Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Fish Sticks
Cheese Grits
Seasoned Green Beans
Tropical Fruit

Thursday, Sept. 16

Breakfast

Waffle w/ Syrup
Sausage Patty OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Pork Riblet Sandwich
Corn on the Cob
Mixed Fruit
Brownie

Friday, Sept. 17

Breakfast

Sausage and Egg Biscuit
Potato Tots OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Cheese Pizza
Garden Salad
Fresh Fruit

Monday, Sept. 20

Breakfast

Sausage Gravy and Biscuit
OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Stew Beef w/ Gravy
Buttered Rice
Turnip Greens

Tuesday, Sept. 21

Breakfast

Pancakes w/ Syrup
Linked Sausage OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Honey Lemon Chicken
Quick Baked Potato
W/W Roll

Wednesday, Sept. 22

Breakfast

Scrambled Eggs w/ Grits
Pumpkin Muffin OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Beef Ravioli w/ Meat Sauce
Fresh Garden Salad
Bread Stick
Apple Crisp

**Farm
to
School
Week**



**We'll be celebrating our local
and regional agricultural bounty
during the week of Sept. 20-24**

Thursday, Sept. 23

Breakfast

Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Beef Vegetable Soup w/
Grilled Cheese Sandwich
Cinnamon Roll
Mixed Fruit

Friday, Sept. 24

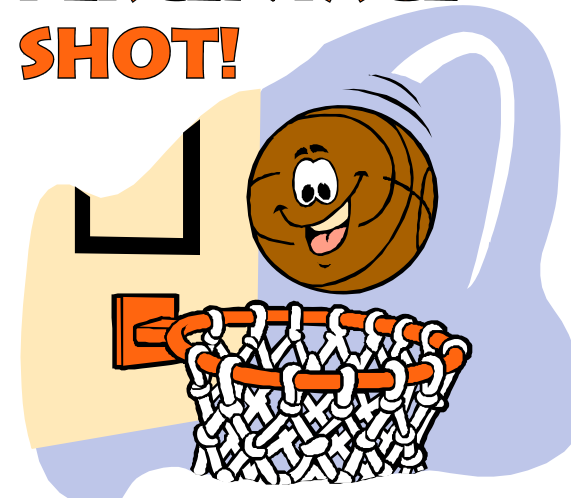
Breakfast

French Toast Sticks w/ Syrup
Linked Sausage OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Stuffed Crust Pepperoni
Pizza
Garden Salad
Fresh Fruit

**TAKE THE HIGH
PERCENTAGE
SHOT!**



**IT'S A SLAM DUNK!
EAT LUNCH WITH US
EVERY DAY TO DO YOUR
BEST AT SCHOOL & PLAY!**

Choice of Low Fat or Fat Free Milk Offered Daily

Breakfast Lunch
\$1.00 \$2.25

We provide free and reduced-price meals (\$.30 for breakfast, \$.40 for lunch) for eligible students. Please call your school for details.

**Word
of the
Month**
fair

adj. 1. free from bias,
dishonesty, or injustice
2. legitimately done;
proper under the rules
3. unbiased, equitable,
just, honest, impartial

Monday, Sept. 27

Breakfast

Sausage Pancake on a Stick
w/ Syrup OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Corn Dog Nuggets
Mac and Cheese
Mixed Vegetables
Apple Sauce

Tuesday, Sept. 28

Breakfast

Scrambled Eggs w/
Cheese Grits OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Beef-a-Roni
Green Beans
Mixed Fruit
W/W/Roll

Wednesday, Sept. 29

Breakfast

Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Beef Tacos w/ Lettuce,
Tomato and Cheese
W/K Corn
Fresh Fruit

Thursday, Sept. 30

Breakfast

Cheese Toast
Grits and Ham Cubes OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Chicken and Rice
Seasoned Carrots
W/W Roll
Diced Peaches