

# Eat Healthy...Get Smarx

The Mission of the Food and Nutritional Services Department, of the Martin County School District, in partnership with family and community, is to provide nutrition education along with appealing and nutritionally-sound meals to students and staff while operating in a cost effective manner, with excellence as a standard.

The Martin County School District Food and Nutritional Services Department supports the USDA Dietary Guidelines for Americans in conjunction with the USDA Food Guide Pyramid. Menus are planned to include a variety of foods that are low in sugar, fat and cholesterol. Menu selections are designed to increase breads and grains, fruits and vegetables, as well as other food sources rich in vitamins and minerals.

Menu is subject to change without notice due to price and availability of food.

There is no meal charging for student & adult meals.

**NON-DISCRIMINATION:** 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. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington D.C. 20250-9410 or call 1-866-632-9992 (voice). TDD users can contact USDA through local relay or the Federal Relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer.



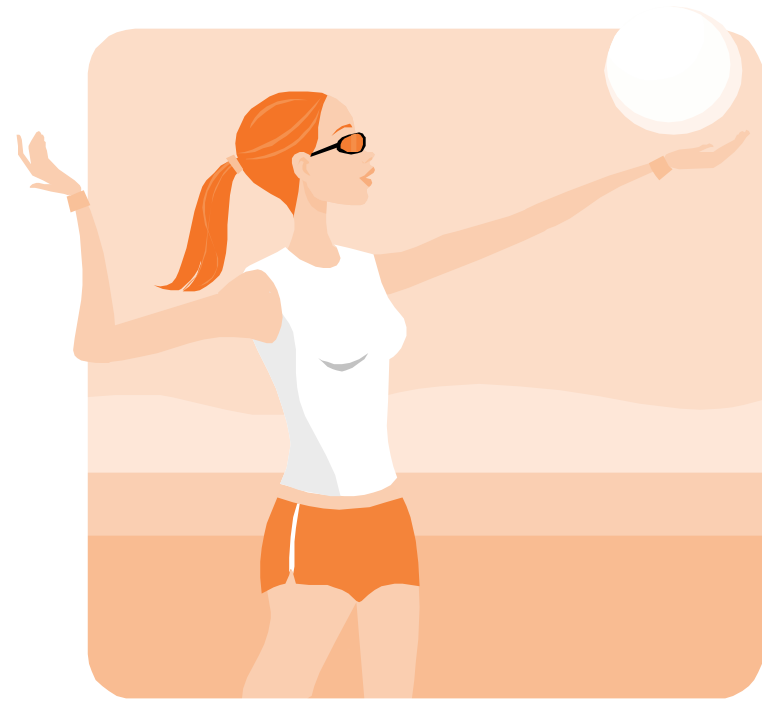
On-line pre-payment system is available at

[www.mealpayplus.com](http://www.mealpayplus.com)



## Breakfast & Lunch

### Menu Selections



MARTIN COUNTY SCHOOL DISTRICT  
FOOD AND NUTRITIONAL SERVICES DEPARTMENT

## MIDDLE & HIGH SCHOOL MENU

2008-2009

### CAFÉ CUISINE - \$2.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Parmesan Sandwich	Double Stuffed Pizza Wedge	Pasta & Meat-sauce w/ Breadstick	Double Stuffed Pizza Wedge	Stuffed Cheese Sticks w/ Marinara Cup
Cheeseburger On A Bun	Cheeseburger On A Bun	Cheeseburger On A Bun	Cheeseburger On A Bun	Cheeseburger On A Bun
Pulled BBQ Pork on a Bun	Mexican Nachos w/ Baked Tostitos®	Tyson® Chicken Tenders	Macaroni & Cheese w/ Popcorn Chicken Bites	Stuffed Gordita w/ Lettuce & Tomato Cup
Deli Sub or Wrap of the Day	Deli Sub or Wrap of the Day	Deli Sub or Wrap of the Day	Deli Sub or Wrap of the Day	Deli Sub or Wrap of the Day
Santa Fe Chicken Specialty Salad	Chop Chop Specialty Salad	"O"h So Good Chicken Specialty Salad	Tex Mex Specialty Salad	Chicken Caesar Specialty Salad
Grain Choice of the Day				
Dinner Rolls	Dinner Rolls	Warm Garlic Breadsticks	Dinner Rolls	Dinner Rolls

Plus your choice of Low-Fat, Ice-Cold Milk and 2 sides:

Vegetable of the day, Grain of the day, Side Salad, Chilled, Fresh Fruit, 100% Fruit Juice

### SUPER COMBO MEAL - \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Delivery Pizza OR Bosco® Sticks	Asian Chicken To Go & Fortune Cookie	Delivery Pizza OR Bosco® Sticks	Chicken Deluxe Sandwich OR Mashed Potato Bowl <small>(alternate every other week)</small>	Delivery Pizza OR Bosco® Sticks

Plus your choice of Low-Fat, Ice-Cold Milk and 2 sides:

Vegetable of the day, Grain of the day, Side Salad, Chilled, Fresh Fruit, 100% Fruit Juice

### BREAKFAST SELECTIONS - \$1.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage & Biscuit	Egg, Ham & Cheese Breakfast Sandwich	French Toast Sticks w/ syrup	Breakfast Pizza	Eggo® Cinnamon Waffles w/ syrup
OR	OR	OR	OR	OR
Cereal Bowl <sup>2</sup>	PB & J Breakfast Bar	Cereal Bowl <sup>2</sup>	PB& J Breakfast Bar	Cereal Bowl <sup>2</sup>

Choose 1 Fruit Assorted 6 oz 100% Fruit Juices, Fresh or Chilled Fruit

And: Assorted Low-Fat Milk

Additional Breakfast Items are Available at A La Carte Prices



### A LA CARTE CHOICES

Fresh Fruit	\$0.75
Bottled Water (8 oz)	\$0.75
Bottled Water (16.9 oz)	\$1.00
Low-Fat & Fat-Free Milk (8 oz)	\$0.75
Vitamin Water & Sports Drink (12 oz)	\$1.00
Canned Drinks (12 oz)	\$1.00
Ice-Cream	\$1.00 - \$1.25
Second Breakfast	\$2.25
Second Café Cuisine Lunch	\$2.75
Second Super-Combo Lunch	\$3.50