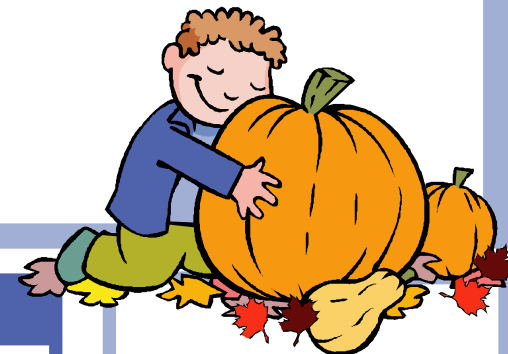


November 2009

FCPS Elementary Menus



Monday	Tuesday	Wednesday	Thursday	Friday
Pancake Sandwich (29g) 2 Pizzas (28g) Shaved Turkey Sandwich (35g) Seasoned Calif. Blend Veg (4g) Seasoned Corn (16g) Lettuce with Tomato Slice (1g) Fruit Choices (6-15g)	Chicken Biscuit (37g) 3 Toasted Cheese S/W (34g) Baked Ziti (41g) Breadstick (28g) Seasoned Peas (12g) Carrots with Dip (4g) Fruit Choices (6-15g) Brownie (30g)	Breakfast Pizza (23-25g) 4 Popcorn Chicken (16g) Meatloaf (9g) WW Roll (29g) Macaroni & cheese (27g) Seasoned Green Beans (3g) Tomato Cucumber Salad (4g) Fruit Choices (6-15g)	Sausage Biscuit (27g) 5 Hamburger on WG Bun (33g) Chic. Tetrazzini (13g) Roll (29g) Baked Tator Tots (18g) Baked Beans (18g) Crispy Greens Salad (4g) Fruit Choices (6-15g)	Muffins (46g) 6 Wedge Pizza, Ch (21g) Pep (24g) Oriental Chicken over Rice (38g) Mixed Vegetables (12g) Ambrosia Salad (16g) Fruit Choices (6-15g)
Yogurt (17g) 9 Grahams (22g) Oven Baked Chicken (12g) Biscuit (23g) Hot Ham & Cheese s/w (26g) Mini Bakers (15g) Seasoned Broccoli (3g) Fruit Choices (6-15g)	Waffle Sticks (28g) 10 Syrup (31g) Three Cheese Boat (41g) Breaded Beef on Bun (59g) Oven Fries (21g) Italian Blend Veg. (8g) Veggie Dippers (6g) Fruit Choices (6-15g)	Breakfast Pizza (23-25g) 11 Chic Nuggets (11g) Roll (29g) Veggie & Cheese Wrap (37g) Whipped Potatoes (15g) Seasoned Green Beans (3g) Crispy Coleslaw (6g) Fruit Choices (6-15g)	Sausage Biscuit (27g) 12 WG Corndog (33g) Chic. & Cheese Quesadilla (36g) Fiesta Rice (25g) Seasoned Calif. Blend Veg (4g) Mandarin Spinach Salad (5g) Fruit Choices (6-15g) Cookie (15g)	Pancake on a Stick (23g) 13 School Pizza (33-36g) Fish Fillet on WG Bun (49g) Seasoned Corn (16g) Mixed Greens (4g) Confetti Spaghetti Salad (39g) Fruit Choices (6-15g)
Whole Grain Poptart (35g) 16 w/Tst (12g) Chicken Pattie on WG Bun Grilled (35g) – Breaded (44g) Chili (25g) Corn Muffin (38g) Parsley Potatoes (14g) Seasoned Broccoli (3g) Fruit Choices (6-15g)	Fr. Tst Sticks (25g) 17 Syrup (31g) Hot Dog on Bun (28g) Turkey Ranch Wrap (33g) Baked Beans (18g) Fresh Veggies w/Dip (7g) Fruit Choices (6-15g) Pudding with topping (18g)	Breakfast Pizza (23-25g) 18 Chicken Strips (18g) Roll (29g) Ravioli Bake (42g) Brdstik (28g) Italian Blend Vegetables (8g) Vegetable Choice (10g) Lettuce Spinach Salad (2g) Fruit Choices (6-15g)	Sausage Biscuit (27g) 19 Turkey & Dressing w/gravy(19g) Sliced Glazed Ham (7g) Wh. Potatoes (15g) Swt. Potatoes (24g) Seasoned Green Beans (3g) Fruit Choices (6-15g) Cranberry Sce (13g)/ Roll (29g) Dessert	Scram. Eggs (2g) Tst (12g) 20 Or Manager's Choice Stuffed Crust Pizza (43/44g) Seafood Basket with Hushpuppies (36g) Seasoned Corn (16g) Crispy Coleslaw (6g) Fruit Choices (6-15g)
Pancake Sandwich (29g) 23 Pizzas (28g) Shaved Turkey Sandwich (35g) Seasoned Calif. Blend Veg (4g) Seasoned Corn (16g) Lettuce with Tomato Slice (1g) Fruit Choices (6-15g)	Chicken Biscuit (37g) 24 Toasted Cheese S/W (34g) Baked Ziti (41g) Breadstick (28g) Seasoned Peas (12g) Carrots with Dip (4g) Fruit Choices (6-15g) Brownie (30g)	25 Happy	26 	27 Thanksgiving
Yogurt (17g) 30 Grahams (22g) Oven Baked Chicken (12g) Biscuit (23g) Hot Ham & Cheese s/w (26g) Mini Bakers (15g) Seasoned Broccoli (3g) Fruit Choices (6-15g)	Offered daily @ breakfast: Cereal & Toast Offered daily @ lunch as entrée choices: Yogurt & graham crackers PBJ Uncrustable (unless peanut free school) Chef Salad (M,T,W, F) or Fruit Plate (Th) 1% & skim milk or 100% fruit juice as beverage choice (g) = grams of carbohydrates	For easy online payment visit: www.mealpayplus.com or call 1-866-568-0646.		

News

‘Enriched’ and ‘fortified’ are terms that mean nutrients – usually vitamins or minerals – have been added to make food more nutritious. ‘Enriching’ means adding back nutrients that were lost during food processing. (B Vitamins are added back in white flour) ‘Fortified’ means adding nutrients that were never present in the food to begin with. (Milk is fortified with Vitamin D to help your body absorb milk’s calcium and phosphorus)

