



Menus for December 2011

**Columbia County
Elementary
Schools**



This institution is an equal opportunity provider.

Monday, December 5

Breakfast

French Toast Sticks
With Syrup

Lunch

Turkey & Gravy
With Steamed Rice
Honey Wheat Roll
&
Seasoned Green
Beans

Tuesday, December 6

Breakfast

Sausage Biscuit

Lunch

Vegetable Beef
Soup with
Saltine Crackers
&
Grilled Cheese
Sandwich
Special: Chef's
Cookie

Wed., December 7

Breakfast

Reduced Fat Donut

Lunch

Pepperoni or Cheese
Pizza
&
Golden Sweet
Potato Puffs

Thursday, December 8

Breakfast

Egg & Cheese
Biscuit

Lunch

Spaghetti &
Meatsauce
Honey Wheat Roll
&
Seasoned Green
Beans
Special: State
Cookies

Friday, December 9

Breakfast

Pancake Pup with
Syrup

Lunch

Mandarin Orange
Chicken
With Steamed Rice
Honey Wheat Roll
&
Steamed Broccoli

Monday, December 12

Breakfast

Fortified Honey Bun

Lunch

Chicken & Rice
Casserole
Honey Wheat Roll
&
California Blend
Vegetables

Tuesday, December 13

Breakfast

Sausage Biscuit

Holiday Lunch

Tender Baked Ham
Fresh Baked Roll
Whipped Potatoes
&
Seasoned Green
Beans

**The Menu Items for December 14th
through December 16th will be
chosen from among your favorites
by our nutrition staff. Selections
may vary by school.
ENJOY!**

School Meals
We serve education every day™

Thursday, December 1

Breakfast

Steak Biscuit

Lunch

Country-Fried
Steak With Gravy
Honey Wheat Roll
&
Whipped Potatoes

Special: Chef's
Cookie

Friday, December 2

Breakfast

Pancake Pup with
Syrup

Lunch

Crispy Fish Sticks
Honey Wheat Roll
&
Steamed Broccoli

EAT WITH YOUR HANDS.

Just how big is a "serving"? It's hard to tell. And that means we sometimes eat WAY more than we think we do. So look at it this way: a cup is about the size of a fist, an ounce of cheese is as big as a thumb, and a 3 ounce serving of meat, fish, or chicken fills up your palm.

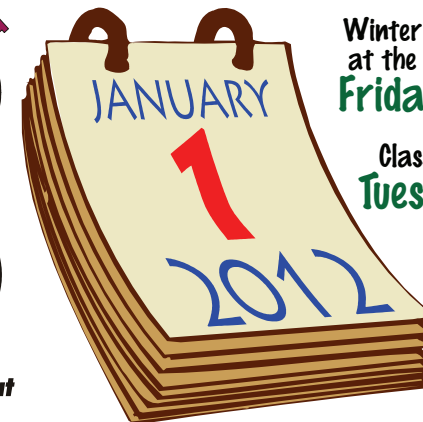


EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



TUESDAY, DEC. 13

Time to turn the page!



Winter Holiday begins
at the end of classes
Friday, Dec. 16

Classes resume:
Tues., Jan. 3

We look
forward to
serving you
in 2012!

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**SIMPLE, SAFE
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\$1.25

LUNCH
\$2.00

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Mealpayplus.com!

Menus for December

2011



**Challenge Learning Center, Adult Education
& Enrichment Center**

This institution is an equal opportunity provider.

Available Daily

Breakfast Served with Orange Juice &
Choice of Milk

Lunch

Peanut Butter & Jelly Sandwich
Spicy Chicken Sandwich Mon/Wed/Fri
Hamburger with Fixins Tues/Thurs

Choice of Two Sides with Meals:

Crispy Baked Potatoes
Fresh Garden Salad with Dressing
Chilled or Fresh Seasonal Fruit
Hot Vegetable of the Day

Hearty Chef's Salads Available Daily
Choice of Milk Served with all Complete
Meals

Featured Specials of the Day

Thursday, December 1

Breakfast

Peanut Butter & Jelly Wafer Bar

Lunch

Country Fried Steak with Gravy
Honey Wheat Roll & Whipped Potatoes

Friday, December 2

Breakfast

Cereal with Graham Crackers

Lunch

Breaded Fish Fillet on Bun with Baby Lima Beans

Monday, December 5

Breakfast

Cereal with String Cheese

Lunch

Chicken Alfredo with Honey Wheat Roll
California Blend Vegetables

Tuesday, December 6

Breakfast

Peanut Butter & Jelly Wafer Bar

Lunch

Vegetable Beef Soup & Saltine Crackers
With Grilled Cheese Sandwich

Wednesday, December 7

Breakfast

Fortified Honey Bun

Lunch

Cheesy Garlic Flatbread with Sauce & Sweet Potato Casserole

Thursday, December 8

Breakfast

Fruit Muffin with String Cheese

Lunch

Spaghetti & Meatsauce with Honey Wheat Roll
Seasoned Green Beans

Friday, December 9

Breakfast

Cereal with Graham Crackers

Lunch

Mandarin Orange Chicken with Steamed Rice
Honey Wheat Roll & Steamed Broccoli

Featured Specials of the Day

Monday, December 12

Breakfast

Cereal with Graham Crackers

Lunch

Chicken & Rice Casserole with Honey Wheat Roll
Glazed Baby Carrots

Tuesday, December 13

Breakfast

Fruit Muffin with String Cheese

Holiday Lunch

Tender Baked Ham with Dinner Roll
Seasoned Green Beans & Whipped Potatoes

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School Meals
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Breakfast Available Daily

Assorted Cereal with Toast

Orange Juice, Choice of Lowfat Milk

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Menus for December 2011



Lake City Middle, Fort White Middle &
Richardson Middle School

This institution is an equal opportunity provider.

Available Daily

Lunch

Pepperoni Pizza Round Mon/Wed/Fri
Spicy Chicken Sandwich Mon/Wed/Fri
Chicken Poppers & Roll Tues/Thurs
Hamburger with Fixins Tues/Thurs
Choice of Two Sides with Meals:
Crispy Baked Potatoes
Fresh Garden Salad with Dressing
Chilled or Fresh Seasonal Fruit
Hot Vegetable of the Day
Hearty Chef's Salads Available Daily
A la Carte
Fresh Baked Cookies
Snapple Juice, Gatorade, Flavored Water

Featured Specials of the Day

Thursday, December 1

Breakfast

Steak Biscuit

Lunch

Country Fried Steak with Gravy
Honey Wheat Roll & Whipped Potatoes

Friday, December 2

Breakfast

Pancake Pup with Syrup

Lunch

Breaded Fish Fillet on Bun with Baby Lima Beans

Monday, December 5

Breakfast

French Toast Sticks with Syrup

Lunch

Chicken Alfredo with Honey Wheat Roll
California Blend Vegetables

Tuesday, December 6

Breakfast

Steak Biscuit

Lunch

Vegetable Beef Soup & Saltine Crackers
With Grilled Cheese Sandwich

Wednesday, December 7

Breakfast

Reduced Fat Donut

Lunch

Cheesy Garlic Flatbread with Sauce & Sweet Potato Casserole

Thursday, December 8

Breakfast

Egg & Cheese Biscuit

Lunch

Spaghetti & Meatsauce with Honey Wheat Roll
Seasoned Green Beans

Friday, December 9

Breakfast

Pancake Pup with Syrup

Lunch

Mandarin Orange Chicken with Steamed Rice
Honey Wheat Roll & Steamed Broccoli

Featured Specials of the Day

Monday, December 12

Breakfast

Fortified Honey Bun

Lunch

Chicken & Rice Casserole with Honey Wheat Roll
Glazed Baby Carrots

Tuesday, December 13

Breakfast

Sausage Biscuit

Holiday Lunch

Tender Baked Ham with Dinner Roll
Seasoned Green Beans & Whipped Potatoes

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School Meals
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Breakfast Available Daily

Assorted Cereal with Toast
Orange Juice, Choice of Lowfat Milk

Time to turn the page!



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Friday, Dec. 16

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Tuesday, Jan. 3

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Menus for December 2011



Columbia High School & Fort White High School

This institution is an equal opportunity provider.

Available Daily

Breakfast

Choice of One:

- Assorted Cereal with Toast
- Sausage Breakfast Pizza
- Steak Biscuit
- Ham & Cheese Biscuit
- Egg & Cheese Biscuit
- Yogurt with Toast
- PopTart with Toast
- Pancake Pup with Syrup
- Whole Wheat Toast & Jelly

Choice of Two:

- Hash Brown Patty
- Assorted Chilled Fruit
- Fresh Seasonal Fruit
- Orange Juice, Choice of Milk

Featured Specials of the Day

Thursday, December 1

- Country Fried Steak with Gravy
- Honey Wheat Roll & Whipped Potatoes

Friday, December 2

- Breaded Fish Fillet on Bun with Lima Beans

Monday, December 5

- Hearty Chicken Alfredo
- Honey Wheat Roll & California Blend Vegetables

Tuesday, November 6

- Homestyle Vegetable Beef Soup
- Saltine Crackers & Grilled Cheese Sandwich

Wednesday, December 7

- Cheesy Garlic Flatbread
- With Sweet Potato Casserole

Thursday, December 8

- Spaghetti & Meatsauce with Honey Wheat Roll
- Seasoned Green Beans

Friday, December 9

- Mandarin Orange Chicken with Steamed Rice
- Honey Wheat Roll & Oriental Vegetables

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Classes resume:
Tuesday, Jan. 3

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Featured Specials of the Day

Monday, December 12

- Chicken & Rice Casserole
- Honey Wheat Roll & Baby Glazed Carrots

Tuesday, December 13

Holiday Lunch

- Tender Baked Ham with Dinner Roll
- Seasoned Green Beans & Whipped Potatoes

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School Meals
We serve education every day™

Lunch Available Daily

Choice of One:

- Pepperoni Pizza Round
- Hamburger with Fixins
- Spicy Chicken Sandwich Mon/Wed/Fri
- Chicken Poppers & Roll Tues/Thurs

Choice of Two Sides with Meals:

- Oven Baked Potatoes
- Garden Salad & Dressing
- Assorted Chilled Fruit
- Fresh Seasonal Fruit
- Hot Vegetable of the Day

Hearty Chef's Salads Available Daily

A la Carte

- Spicy Chicken Wrap with Spinach Tortilla
- Personal Pan Pizza
- Italian Sub
- Baked Chips, Rice Krispy Treats
- Fresh Baked Cookies
- Otis Spunkmeyer Muffins
- Snapple Juice, Gatorade, & Flavored Water