

Back to school



Menus
For
August
2011

Patrick Henry Middle & High Schools

"This Institution is an Equal Opportunity Provider."
School Nutrition menus are subject to change due to product availability.



available daily

Breakfast:
Cereal
Orange Juice
Choice of Milk

Lunch:
Pizza
Choice of Fresh Fruit
Choice of Milk



Featured Specials of the Day

Monday, August 1

French Toast
Manager's Choice

Tuesday, August 2

Breakfast Pizza, Muffin w/Yogurt
Manager's Choice

Wednesday, August 3

Pancakes & Sausage
Manager's Choice

Thursday, August 4

Breakfast Burrito w/Salsa, Muffin w/Yogurt
Manager's Choice

Friday, August 5

Chicken Biscuit
Manager's Choice

Featured Specials of the Day

Monday, August 8

Waffles, Ravioli, Popcorn Chicken,
Chef Salad w/Ham & Cheese, Potato Wedges, Green Beans,
Garden Salad, Peaches, Roll

Tuesday, August 9

Sausage Biscuit, Muffin w/Yogurt, Chicken Strips, Beefy Nachos,
Chef Salad w/Ham & Cheese, Mashed Potatoes,
Mixed Vegetable, Carrot Sticks, Pineapple Tidbits, Roll

Wednesday, August 10

Pancakes & Bacon, Steak Nuggets w/Gravy & Rice, Cheeseburger,
Chef Salad w/Tuna, Garden Salad, Green Peas,
Broccoli & Cauliflower, Mixed Fruit, Roll

Thursday, August 11

Breakfast Bites, Muffin w/Yogurt
Chicken Noodle Soup w/Grilled Cheese,
Crispitos, Chef Salad w/Tuna, Potato Rounds,
Steamed Broccoli, Celery Sticks, Pears, Saltines

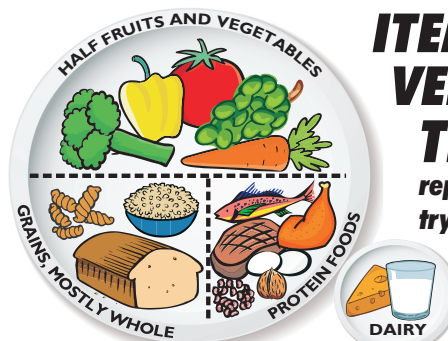
Friday, August 12

Chicken Biscuit, Pizza, Chicken Sandwich Deluxe,
Chicken Strip Salad, Garden Salad, Whole Kernel Corn,
Orange Sections

FIT FAT

WANNA STAY FIT?

FIGHT THE FAT!



ITEM: Your entire diet
VERDICT: Check your plate

TIP: The Food Guide Pyramid has been replaced by the new "MyPlate" graphic. If you try to follow the MyPlate advice – make your plate (and your entire diet) about half fruits and veggies, a little more than a quarter grains (mostly whole grains), a little less than a quarter lean protein, and a small

Check it out at CHOOSEMYPLATE.gov



Nobody learns if they're empty.



Someone once said that 80% of success in life is just showing up. We're not sure if that's true, but we do know that you can't expect to learn if you're not filling up that seat every day. And you can't keep your seat full unless you're full, too. It's a fact: you have to eat well to learn well. We hope you'll join us often this year!

Breakfast **Lunch**
\$1.15 **\$2.00**

please see reverse for items available daily

Featured Specials of the Day

Monday, August 15

French Toast, Little Smokies w/ Mac & Cheese, Crisпитos, Chef Salad w/Ham & Cheese, Glazed Carrots, Green Beans, Garden Salad, Mixed Fruit, Cornbread

Tuesday, August 16

Breakfast Pizza, **Muffin w/Yogurt**, Chicken Strips, Beefy Nacho (Salsa), Chef Salad w/Ham & Cheese, Mixed Vegetables, Baked Potato Wedges, Carrot Sticks, Mandarin Oranges, Roll

Wednesday, August 17

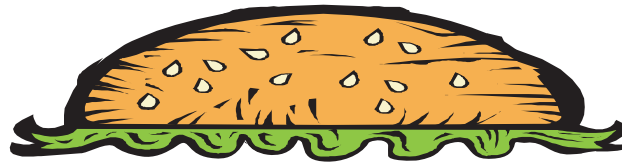
Pancakes & Sausage, Oven Roasted Chicken, Corn Dog, Chef Salad w/Tuna, Garden Salad, Baked Potato, Broccoli & Cauliflower Florets, Strawberries & Bananas, Roll

Thursday, August 18

Breakfast Burrito w/Salsa, **Muffin w/Yogurt**
 Vegetable Beef Soup w/Grilled Cheese or PB&J, Cheeseburger, Chef Salad w/Tuna, Lettuce & Tomato, Oven Baked Okra, Celery Sticks, Peaches, Saltines

Friday, August 19

Chicken Biscuit, Pizza, Chicken Sandwich Deluxe, Chicken Strip Salad, Garden Salad, Whole Kernel Corn, Orange Sections



NUTRITION TO GO

Tomatoes are one of the few foods that contain lycopene, which studies have shown to help prevent cancer. Your body absorbs more lycopene when a meal also contains a little fat, perhaps from olive oil or cheese. Cooked or processed tomatoes (as in tomato sauce)

A TASTY MORSEL FOR TEENAGERS

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, August 22

Waffles, Teriyaki Chicken Nuggets w/Rice, Shrimp & Fish, Chef Salad w/Ham & Cheese, Stir Fry Vegetables, Green Beans, Garden Salad, Pineapple Tidbits, Roll

Tuesday, August 23

Sausage Biscuit, **Muffin w/Yogurt**, Chicken Strips, Beefy Nachos, Chef Salad w/Ham & Cheese, Mashed Potatoes, Mixed Vegetable, Carrot Sticks, Pineapple Tidbits, Roll

Wednesday, August 24

Pancakes & Bacon, Spaghetti, Corn Dog, Chef Salad w/Tuna, Veggie Fries, Garden Salad, Broccoli & Cauliflower Florets, Mixed Fruit, Roll

Thursday, August 25

Breakfast Bites, **Muffin w/Yogurt**, Chicken N Rice Soup, Hot Dog, Chef Salad w/Tuna, Baked Wedges, Green Peas, Celery Sticks, Peas, Saltines

Friday, August 26

Chicken Biscuit, Pizza, Chicken Sandwich Deluxe, Chicken Strip Salad, Garden Salad, Whole Kernel Corn, Orange Sections

Monday, August 29

French Toast, Chicken Strips, MaxSnax Tacos, Chef Salad w/Ham & Cheese, Mashed Potatoes, Green Beans, Garden Salad, Pears, Roll

Tuesday, August 30

Breakfast Pizza, **Muffin w/Yogurt**, BBQ on Bun, Taco w/Beef, Chef Salad w/Ham & Cheese, Mexican Rice, Black Beans, Steamed Broccoli, Carrot Sticks, Peaches

Wednesday, August 31

Pancakes & Sausage, Chicken Tetrazzini, Mini Corn Dogs, Chef Salad w/Tuna, Baked Potato Wedges, Peas & Carrots, Broccoli & Cauliflower, Spiced Apples, Roll