

August 2015

Clarke County Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10</p> <p>Student Holiday</p>	<p>11</p> <p>Chicken Bites & Yeast Roll* Ham & Cheese Sandwich* Mashed Potatoes Green Beans Fresh Peach (from S.C.) Pineapple</p> <p><u>Breakfast</u> Sausage Biscuit* Yogurt & Granola*</p>	<p>12</p> <p>Pizza* Rotini & Meat Sauce & Breadstick* Steamed Kernel Corn Garden Salad Fresh Banana Mandarin Oranges Freshly-baked Cookie*</p> <p><u>Breakfast</u> Mini Cinnis* Cereal* & Crackers*</p>	<p>13</p> <p>BBQ Pork Sandwich* Yogurt, Cheese, & Muffin Plate* Steamed Broccoli Baked Beans Fresh Grapes Peaches</p> <p><u>Breakfast</u> Chicken Biscuit* Cereal* & Crackers*</p>	<p>14</p> <p>Crispy Chicken Sandwich* Hamburger* Baked Potato Rounds Fresh Carrots & Dip Seasonal Fresh Fruit Chilled Fruit Cocktail Ice Cream</p> <p><u>Breakfast</u> Pancakes* Donut* & Chobani Tube</p>
<p>17</p> <p>Cheesy Breadsticks* Marinara Sloppy Joe Sandwich* Steamed Broccoli & Cheese Cucumbers & Dip GA Apple Wedges Peaches</p> <p><u>Breakfast</u> Mini Waffles* Cereal* & Crackers*</p>	<p>18</p> <p>Beef Tacos* Chicken Fajitas* Steamed Kernel Corn GA Bell Peppers & Dip GA Watermelon Applesauce Freshly-baked Cookie*</p> <p><u>Breakfast</u> Sausage Biscuit* Yogurt & Granola*</p>	<p>19</p> <p>Pizza* Vegetable Lasagna & Breadstick* Garden Salad Roasted GA Yellow Squash Fresh Banana Pears</p> <p><u>Breakfast</u> Breakfast Bun* Cereal* & Crackers*</p>	<p>20</p> <p>Chicken Tenders & Cornbread* Chef Salad* Steamed Cabbage Pinto Beans Mixed Melons & GA Blueberries Pineapple Ice Cream</p> <p><u>Breakfast</u> Chicken Biscuit* Cereal* & Crackers*</p>	<p>21</p> <p>Hot Dog* Grilled Chicken Sandwich* Potato Smiles Fresh Carrots & Dip Seasonal Fresh Fruit Tropical Fruit Cocktail</p> <p><u>Breakfast</u> Scrambled Eggs & Red Mule Grits* Donut* & Chobani Tube</p>
<p>24 MEATLESS MONDAY</p> <p>Bean & Cheese Burrito* Cheese Quesadilla* GA Corn-on-the-Cob Fresh Sugar Snap Peas & Dip GA Apple Wedges Mandarin Oranges Tortilla Chips* & Salsa</p> <p><u>Breakfast</u> Mini Pancakes* Cereal & Crackers*</p>	<p>25</p> <p>Asian Chicken Bites* Sweet & Sour Chicken & Rice* Edamame Succotash Fresh GA Green Beans Fresh Pineapple & GA Blueberries Applesauce Freshly-baked Cookie*</p> <p><u>Breakfast</u> Sausage Biscuit* Yogurt & Granola*</p>	<p>26</p> <p>Pizza* Cheese Ravioli* w/ Marinara & Breadstick* Fresh Celery & Dip Steamed Broccoli Fresh Banana Pears & Cherries</p> <p><u>Breakfast</u> Breakfast Bagel* Cereal & Crackers*</p>	<p>27</p> <p>Popcorn-style Chicken & French Bread* Grilled Cheese Sandwich* Orange-glazed Carrots Black-eyed Pea Salsa Fresh Grapes Peaches Ice Cream</p> <p><u>Breakfast</u> Chicken Biscuit* Cereal & Crackers*</p>	<p>28</p> <p>Cheeseburger* Turkey & Cheese Sandwich* Sweet Potato Fries Fresh Vegetables & Dip Hummus Seasonal Fresh Fruit Raisins</p> <p><u>Breakfast</u> Zucchini Bread* Donut* & Chobani Tube</p>
<p>31</p> <p>Fish Sticks* Mini Calzones* & Marinara Steamed Kernel Corn Coleslaw GA Apple Wedges Sliced Pears</p> <p><u>Breakfast</u> Bagels* & Peanut Butter/ Cream Cheese Cereal* & Crackers*</p>	<p>Did you know?</p> <p>⇒ Your child has the choice of two entrées at lunch and breakfast each day.</p> <p>⇒ That with a choice of entrée, your child can have one of each side item. Duplicated items must be paid for at the time of purchase.</p> <p>⇒ At both meals, your child is required to choose a fruit or a vegetable with their meal.</p> <p>⇒ *Denotes menu items that are at least 50% whole grain or contain grain/bread items that are at least 50% whole grain.</p> <p>⇒ Menu choices are subject to change due to promotions and activities.</p>			



What is CEP and what does it mean for me?

- CEP stands for Community Eligibility Provision.
- Under CEP, all students in Clarke County schools are eligible to receive **breakfast and lunch at no cost.**
- Parents will no longer be required to submit free & reduced applications.

10 Reasons to Join Us for School Breakfast & Lunch!

1. Clarke County serves up **delicious meals** every day!
2. School breakfast and lunch offer all the components children need to build **balanced & nutritious plates**.
3. School meals provide choices that are **kid-friendly** and appealing to students in all grade levels.
4. It's no secret that breakfast is the most important meal of the day! School breakfast provides all the nutrients students need to **kick-start the day and activate their brains for learning**.
5. All grain items served in school meals are **100% whole grain rich**, which is beneficial for heart health, healthy digestion, and weight management.
6. A **variety of fruits & vegetables** is offered at every meal, empowering students to make choices from a selection of healthy options.
7. Participation in school breakfast and lunch can **save valuable time** for parents at home.
8. You can help us **support the local economy** here in GA! Clarke County menus feature fresh fruits & vegetables grown by GA farmers.
9. It's **cost-effective!** With CEP, all students in Clarke County schools are eligible to receive their meals at no cost.
10. And finally... because **we would love to have you!**

Don't forget to visit the [Athens Farmer's Market!](#)

Saturdays @ Bishop Park, 8 AM-NOON

&

Wednesdays @ Creature Comforts Brewing Company, 4-7 PM



LOCALLY-GROWN GEORGIA ITEMS

This month we are spotlighting...

- **Red Mule Grits** from Mills Farm in Athens, GA
- **Apples** from Blue Haven Orchard, Clayton, GA
- **Watermelon** from Franklin Farms, Habersham Co., GA
- **Bell Peppers & Cabbage** from Osage Farms, Rabun Gap, GA

Regional Items:

- **Summer Squash** from Deal Family Farms, Franklin, NC
- **Peaches** from South Carolina
- **Green Beans** from South Carolina



WELLNESS UPDATE

Meetings will be held throughout the school year to keep the district and school wellness councils on track.

- Tuesday, September 1, 2015
- Tuesday, November 10, 2015
- Tuesday, February 23, 2015

Find the list of wellness champions at www.clarke.k12.ga.us.

CONGRATS TO...

Barrow Elementary

Timothy Road Elementary

for receiving the Bronze Level in the Alliance for a Healthier Generation's Healthy School Program. Have fun in Washington, D.C. this fall!