

# September 2015

## Clarke County Middle School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Grilled Chicken Sandwich* Cheesy Breadsticks & Marinara Entrée Salad (V) Steamed Broccoli Fresh Vegetables & Dip Fresh Peach Pears  <u>Breakfast</u> Sausage Biscuit* Yogurt & Granola*	2 Pizza* Vegetable Lasagna & Breadstick* Entrée Salad (V) Steamed Kernel Corn Garden Salad Fresh Banana Mandarin Oranges Freshly-baked Cookie* <u>Breakfast</u> Mini Cinnis* Cereal* & Crackers*	3 BBQ Pork Sandwich* Fish Sandwich* Entrée Salad (V) Coleslaw Baked Beans Fresh Grapes Peaches  <u>Breakfast</u> Chicken Biscuit* Cereal* & Crackers*	4 Crispy Chicken Sandwich* Hamburger* Entrée Salad (V) Potato Rounds Carrots & Dip Seasonal Fresh Fruit Chilled Fruit Cocktail Ice Cream  <u>Breakfast</u> Pancakes* Donut*
7  <b>Labor Day</b>	8 Beef Tacos* Chicken Fajitas* Entrée Salad (V) Steamed Kernel Corn Bell Peppers & Dip GA Fresh Watermelon Applesauce  <u>Breakfast</u> Sausage Biscuit* Yogurt & Granola*	9 Pizza* Cheese Calzones & Marinara Garden Salad Roasted GA Summer Squash Fresh Banana Pears  <u>Breakfast</u> Breakfast Bun* Cereal & Crackers*	10 Chicken Tenders & Cornbread Muffin* Tuna Salad Croissant* Entrée Salad (V) Steamed Cabbage Pinto Beans Mixed Melons & Blueberries Pineapple Fruit Crisp  <u>Breakfast</u> Chicken Biscuit* Cereal & Crackers*	11 Hot Dog* Grilled Chicken Sandwich* Entrée Salad (V) Baked Crinkle Cut Fries Carrots & Dip Seasonal Fresh Fruit Tropical Fruit Cocktail Ice Cream Sandwich  <u>Breakfast</u> Scrambled Eggs & Grits* Donut*
14 <b>MEATLESS MONDAY</b> Bean & Cheese Burrito* Cheese Quesadilla* Entrée Salad (V) GA Corn-on-the-Cob Sugar Snap Peas & Dip Fresh GA Apple Mandarin Oranges Tortilla Chips & Salsa  <u>Breakfast</u> Mini Pancakes* Cereal* & Crackers*	15 Asian Chicken* Sweet & Sour Chicken & Rice* Entrée Salad (V) Edamame Succotash Fresh GA Green Beans Fresh Pineapple/Blueberries Applesauce Freshly-baked Cookie*  <u>Breakfast</u> Sausage Biscuit* Yogurt & Granola*	16 Pizza* Rotini with Meat Sauce & Breadstick* Entrée Salad (V) Celery & Dip Steamed Broccoli Fresh Banana Pears & Cherries  <u>Breakfast</u> Breakfast Bagel* Cereal* & Crackers*	17 Buffalo Chicken Bites & French Bread* Jambalaya* Entrée Salad (V) Orange-glazed Carrots Black-eyed Pea Salsa Fresh Grapes Peaches Ice Cream  <u>Breakfast</u> Chicken Biscuit* Cereal* & Crackers*	18 Cheeseburger* Turkey & Cheese Sandwich* Entrée Salad (V) Sweet Potato Fries Fresh Vegetables & Dip Hummus Seasonal Fresh Fruit Raisins  <u>Breakfast</u> Zucchini Bread* Donut*
21 Chicken Bites & Yeast Roll* Ham & Cheese Sandwich* Entrée Salad (V) Mashed Potatoes Green Beans Fresh GA Apple Pineapple  <u>Breakfast</u> Bagel* & PB/CC Cup Cereal* & Crackers*	22 Grilled Chicken Sandwich* Cheesy Breadsticks* & Marinara Entrée Salad (V) Steamed Broccoli Fresh Vegetables & Dip Fresh Peach Pears  <u>Breakfast</u> Sausage Biscuit* Yogurt & Granola*	23 Pizza* Vegetable Lasagna & Breadstick* Entrée Salad (V) Steamed Kernel Corn Garden Salad Fresh Banana Mandarin Oranges Freshly-baked Cookie*  <u>Breakfast</u> Mini Cinnis* Cereal* & Crackers*	24 BBQ Pork Sandwich* Fish Sandwich* Entrée Salad (V) Coleslaw Baked Beans Fresh Grapes Peaches  <u>Breakfast</u> Chicken Biscuit* Cereal* & Crackers*	25 Crispy Chicken Sandwich* Hamburger* Entrée Salad (V) Potato Rounds Carrots & Dip Seasonal Fresh Fruit Chilled Fruit Cocktail Ice Cream  <u>Breakfast</u> Pancakes* Donut*
28 Buffalo Chicken Tenders* Sloppy Joe Sandwich* Entrée Salad (V) Broccoli & Cheese Carrots & Dip Celery & Dip Fresh GA Apple Peaches  <u>Breakfast</u> Mini Waffles* Cereal* & Crackers*	29 Beef Tacos* Chicken Fajitas* Entrée Salad (V) Steamed Kernel Corn Bell Peppers & Dip GA Fresh Watermelon Applesauce  <u>Breakfast</u> Sausage Biscuit* Yogurt & Granola*	30 Pizza* Mini Calzones* & Marinara Entrée Salad (V) Garden Salad Roasted GA Summer Squash Fresh Banana Pears  <u>Breakfast</u> Breakfast Bun* Cereal & Crackers*	⇒ *Denotes menu items that are at least 50% whole grain or contain grain/bread items that are at least 50% whole grain. ⇒ Menu choices are subject to change due to promotions and activities. ⇒ Want to know what flavor of pizza will be served? Contact your school's nutrition manager. ⇒ "USDA is an equal opportunity provider and employer."	



**16th World School Milk Day**  
**September, 30 2015**



## MILK FACTS

- ◆ Milk contains **calcium** and **vitamin D**. These two nutrients work together to build strong bones!
- ◆ Did you know an average cow produces 100 glasses of milk a day? That's a lot of milk!
- ◆ The **riboflavin**, also known as vitamin B2, in milk helps your body convert the food you eat to energy.
- ◆ A glass of milk is great choice after playing outside because it has protein, which helps repair muscles.



## DID YOU KNOW?

Drinking milk isn't the only way to build strong bones! Combining calcium intake (from milk) with physical activities that promote bone strength is the best way to help bones grow.

Bone Strengthening Physical Activities:

- Jumping Rope
- Running
- Weight Lifting
- Impact sports, such as tennis, basketball, volleyball, soccer and/or gymnastics.



## 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

Wellness champions from each school will attend their first wellness workshop of the year on Tuesday, September 1st.

Agenda items will include:

- Develop wellness visions for SY16.
  - Community Engagement Presentation by Felicia Blocker, Healthways Health Promotion Specialist
  - Lunch Discussion with Dr. Lanoue.
- Stay tuned...we will post minutes from the meeting after it has concluded.

### CONGRATS TO:

Barrow Elementary for receiving the **Georgia SHAPE PLATINUM AWARD**

Way to go!

Award schools will be recognized on 9/10 by the CCSD BOE.