



The Nutrition Safari shares a lesson on vitamins. Did you know that all the different foods you eat have different nutrient contents? It's best to eat a variety of foods to get the best mix of nutrients.

South Country Elementary OCTOBER 2011

LUNCH PRICES

Student Breakfast	\$0.75
Type A Lunch Price	\$1.50
Reduced Lunch Price	\$0.25
1% Milk or Skim Chocolate Milk	\$0.50
Adult Lunch	\$3.00+ tax

ALL STUDENT LUNCHES INCLUDE
Skim Milk, 1% Milk or Skim Chocolate Milk
Vegetable / Fruit or 100% Juice

AVAILABLE DAILY
Garden Salad Plate/
Low Fat American Cheese Sandwich
Peanut Butter & Jelly Sandwich
Yogurt with Bread Stick
Above Lunches include: Vegetable, Fruit Choice, Low Fat Milk.
Daily Offering: Fresh Veggie Sticks w/ Dressing

Pre-Paid Lunches Available
To open a prepaid **MEAL** account please bring cash or check for deposit with child's name clearly written to Teacher or Cafeteria. Made Payable to
"South Country Cafeteria Fund"
Lunch Office 730-1590

Sign up for Meal Pay Plus
Check your Meal Account Online
www.SouthCountry.org

WE OFFER BREAKFAST DAILY
Milk, Fruit Juice or Fruit Choice

Monday– Whole Grain Cereal & Wheat Toast

Tuesday– Whole Grain Waffles

Wednesday– Whole Grain Cereal & Wheat Toast

Thursday– Whole Grain French Toast Sticks

Friday– Whole Grain Pancakes

SENSIBLE SNACKS
Pretzel Rods, Assorted Baked Chips, Animal Crackers, Graham Crackers, All Natural Yogurt,
Fat=7g or less - Sat Fat=2g or less
Sodium=360mg or less - Sugar=15g or less

SNACKS
All snacks must be paid in cash. Snacks will not be available through your pre-paid accounts.



WE PURCHASE LOCAL!
Produce is purchased through regional suppliers when seasonally available. Visit www.Whitsons.com to see all that we are doing to help save the environment!

DID YOU KNOW: All our Milk & Chicken Products are Antibiotic and Hormone free! Most Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils! We Serve 100% all Natural Yogurt, with No Artificial Ingredients. Most Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup! Vegetables are always fresh and crisp! Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils

***PLEASE REPORT ALL ALLERGIES TO THE SCHOOL NURSE, so allergy information can be entered in our system.**
***Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Red Beans Brown Rice Or Chicken Nuggets Brown Rice Corn Fruit or Juice Choice of Milk	4 Chicken Ranch Wrap or Hot Ham and Cheese on Whole Wheat Bagel Vegetable Fruit or Juice Choice of Milk	5 Garden Salad with Tuna or Chicken Patty on Whole Wheat Bun Vegetable Fruit or Juice Choice of Milk	6 Garden Salad with Cheese Sticks Or Sliced Turkey with Romaine Lettuce on Whole Wheat Bun Vegetable Fruit or Juice Choice of Milk	7 Whole Wheat Pizza Bagel Or Classic Cheese Pizza Square Garden Salad Fruit or Juice Choice of Milk
10 School Closed	11 Red Beans Brown Rice Or Chicken Nuggets Brown Rice Corn Fruit or Juice Choice of Milk	12 Garden Salad with Sliced Turkey Or Vegetable Cheddar Quesadilla Veggie Stick with Low Fat Dip Choice of Milk	13 Grilled Vegetable Whole Wheat Wrap with Cheese or Whole Grain Pasta Primavera in Creamy Parmesan Sauce Carrot Coins Fruit or Juice Choice of Milk 	14 Whole Wheat Pizza Bagel Or Classic Cheese Pizza Square Garden Salad Fruit or Juice Choice of Milk
17 Red Beans Brown Rice Or Chicken Nuggets Brown Rice Corn Fruit or Juice Choice of Milk	18 Sliced Turkey Whole Wheat Wrap Or Fajita Chicken over Brown Rice Vegetable Fruit or Juice Choice of Milk	19 Chef Salad or Chicken Quesadilla Green Beans Fruit or Juice Choice of Milk	20 Turkey Burger on Whole Wheat Bun Or Hamburger/Cheeseburger on Whole Wheat Bun Shoe Strings Potatoes Fruit or Juice Choice of Milk 	21 Whole Wheat Pizza Bagel Or Classic Cheese Pizza Square Garden Salad Fruit or Juice Choice of Milk
24 Red Beans Brown Rice Or Chicken Nuggets Brown Rice Corn Fruit or Juice Choice of Milk	25 Turkey Salad over Garden Greens Or Meatball Whole Wheat Hero Vegetable Fruit or Juice Choice of Milk	26 Garden Salad with Cheese Sticks or Brunch for Lunch French Toast Sticks Ham Slice Tator Tots Fruit or Juice Choice of Milk	27 Vegetarian Taco Or Turkey Taco Corn Fruit or Juice Choice of Milk	28 Whole Wheat Pizza Bagel Or Classic Cheese Pizza Square Garden Salad Fruit or Juice Choice of Milk
31 Red Beans Brown Rice Or Chicken Nuggets Brown Rice Corn Fruit or Juice Choice of Milk	  <p>Have a SAFE Halloween! The fruit of the month is APPLES.</p>			



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Visit Our Virtual Cafeteria!
Take a tour of our virtual cafe! Drag and drop meal components onto your tray and see nutritional information including; allergens, nutrition facts, etc. www.Whitsons.com/Nutrition



Have Allergies to Gluten, Casein or Soy?
Check out NuLife Foods! They offer great tasting, GFCSF foods that help people with food sensitivities to be free. Items are available right in your cafeteria!
www.NuLifeFoods.com