

# TURNER COUNTY SCHOOLS BREAKFAST & LUNCH MENU FEBRUARY 2020

**FREE!! Breakfast & Lunch for all students**

**Available Daily for Breakfast: Cereal w/toast**

|                  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|------------------|--|--|---|--|--|
| <b>Breakfast</b> | <b>3</b><br>Breakfast bagel<br>Sliced peaches/Fresh fruit<br>Choice of milk  | <b>4</b><br>Grits<br>Toast /jelly<br>Grape juice/Fresh fruit<br>Choice of milk   | <b>5</b><br>Yogurt w/granola<br>Apple juice/Fresh fruit<br>Choice of milk   | <b>6</b><br>Bacon scramble pizza<br>Orange juice/Fresh fruit<br>Choice of milk   | <b>7</b><br>Chicken biscuit/ jelly<br>Applesauce/Fresh fruit<br>Choice of milk   |
|                  | Hamburger/WG bun<br>Ketchup/mustard<br>Or<br><b>Chef salad</b> w/turkey<br><b>Oven fries</b><br><b>Lettuce/tomato</b><br>Pineapple tidbits/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk          | Chicken tender/WG roll<br>LF dipping sauce<br>Or<br><b>Chef salad</b> w/chicken<br><b>Broccoli</b><br>Applesauce/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk                        | Ham/cornbread<br>Or<br><b>Chef salad</b> w/ham<br><b>Turnips</b><br>Sliced peaches/Fresh fruit<br><b>Dragon punch</b><br>Choice of milk   | Chicken Fajitas/WG<br>Tortillas<br>Salsa or ranch<br>Or<br><b>Chef salad</b> w/chicken<br><b>Black Eyed Peas</b><br>Brown rice<br>Pears/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk | Pizza WG crust<br>Or<br><b>Chef salad</b> w/turkey<br><b>Fresh peas or beans</b><br>Raisins/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk                           |
| <b>Lunch</b>     | <b>10</b><br>Toasted cheese sandwich<br>Fruit cocktail/apple juice<br>Choice of milk   | <b>11</b><br>Cereal<br>Cinnamon toast<br>Fruit juice/fresh fruit<br>Choice of milk   | <b>12</b><br>Sausage Biscuit/jelly<br>Pineapple slices/Fresh fruit<br>Choice of milk  | <b>13</b><br>Breakfast pizza<br>Applesauce/Fresh fruit<br>Choice of milk   | <b>In Service</b>  |
|                  | Pizza WG crust<br>Or<br><b>Chef salad</b> w/turkey<br><b>Corn</b><br>Applesauce /Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk  | Crispitos<br>WG Tortilla Chips w/salsa<br><b>Cheese Stick</b><br>Or<br><b>Chef salad</b> w/chicken<br><b>Garden peas</b><br>Pears/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk       | Ham & cheese on WG bread<br>LF mayo<br>Or<br><b>Chef salad</b> w/ham<br>Oven fries/ketchup<br><b>Lettuce/tomato</b><br>Diced peaches/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk | Hot dog/WG bun<br>Ketchup/mustard<br>Or<br><b>Chef salad</b> w/turkey<br><b>Cole slaw</b><br><b>Baked beans</b><br>Pineapple tidbits/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk    |  |
|                  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
| <b>Breakfast</b> | <b>17</b><br>Cereal/Poptart<br>Applesauce/Fruit juice<br>Choice of milk  | <b>18</b><br>Waffle sticks/syrup<br>Orange juice/Fresh fruit<br>Choice of milk   | <b>19</b><br>Steak Biscuit/jelly<br>Peaches/Fresh fruit<br>Choice of milk   | <b>20</b><br>Toasted cheese sandwich<br>Apple juice/Fresh fruit<br>Choice of milk  | <b>21</b><br>Pancake Pup/Syrup<br>Applesauce/Fresh fruit<br>Choice of milk   |
|                  | Turkey and Cheese/WG<br>Bread, Mayo/mustard<br>Or<br><b>Chef salad</b> w/turkey,<br><b>Lettuce, Tomato</b><br><b>Sweet Potato</b><br>Fruit cocktail/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk | WG spaghetti w/meat<br><b>sauce</b><br>Breadstick<br>Or<br><b>Chef salad</b> w/turkey<br><b>Fresh peas or beans</b><br>Sliced pineapple/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk | WG Corn dog<br>ketchup/mustard<br>Or<br>Pasta <b>salad</b> w/ham<br><b>California veggies</b><br><b>Corn</b><br>Strawberries/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk         | Fish strips/ketchup<br>WG grits<br>Or<br><b>Chef salad</b> w/ham<br><b>Cole slaw</b><br><b>Baked beans</b><br>Applesauce/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk                | Hamburger steak w/gravy<br>Or<br><b>Chef salad</b> w/ham<br><b>Cream potatoes</b><br>WG texas toast<br>Sliced peaches/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk |
| <b>Lunch</b>     |  |  |   |  |  |

|           | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|-----------|---|---|---|--|--|
| Breakfast | <b>24</b><br>Breakfast bagel<br>Sliced peaches/Fresh fruit<br>Choice of milk  | <b>25</b><br>Grits<br>Toast /jelly<br>Grape juice/Fresh fruit<br>Choice of milk   | <b>26</b><br>Yogurt w/granola<br>Apple juice/Fresh fruit<br>Choice of milk  | <b>27</b><br>Bacon scramble pizza<br>Orange juice/Fresh fruit<br>Choice of milk  | <b>28</b><br>Chicken biscuit/ jelly<br>Applesauce/Fresh fruit<br>Choice of milk  |
| Lunch     | Hamburger/WG bun<br>Ketchup/mustard<br>Or<br><b>Chef salad</b> w/turkey<br><b>Oven fries</b><br><b>Lettuce/tomato</b><br>Pineapple tidbits/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk | Chicken tender/WG roll<br>LF dipping sauce<br>Or<br><b>Chef salad</b> w/chicken<br><b>Broccoli</b><br>Applesauce/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk | Ham/cornbread<br>Or<br><b>Chef salad</b> w/ham<br><b>Turnips</b><br>Sliced peaches/Fresh fruit<br><b>Dragon punch</b><br>Choice of milk | Chicken Fajitas/WG<br>Tortillas<br>Salsa or ranch<br>Or<br><b>Chef salad</b> w/chicken<br><b>Black Eyed Peas</b><br>Brown rice<br>Pears/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk | Pizza WG crust<br>Or<br><b>Chef salad</b> w/turkey<br><b>Fresh peas or beans</b><br>Raisins/Fresh fruit<br><b>Veggie Bar</b><br>Choice of milk |

Visit our website for information on our Wellness Policy <https://www.turner.k12.ga.us/Administration2/nutrition>

Menu subject to change without notice.

A complete lunch includes choice of entrée (includes a source of protein and grain/bread accompaniments), choice of fruit/vegetable side dishes, and a choice of milk. A complete lunch must include a ½ cup fruit or vegetable.

Milk choices include 1% white and fat free flavored. Water is also available.

**This Institution is an equal opportunity provider.**