

# Clay County Public Schools Elementary Cycle Menu

*Students must choose 1/2 cup fruit or vegetable daily at breakfast and lunch.*

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Breakfast Pizza	Pancake Porky with syrup	Sausage, Biscuit & Gravy	Mini Pancakes with syrup	Bacon, Egg & Cheese Burrito
	Chicken Tenders or BBQ Riblet Bun or Roll Mashed Potatoes Peas Diced Peaches Seasonal Fresh Fruit	Bosco Sticks with Sauce or Pepperoni Calzone Ranch Style Vegetables Corn Mixed Fruit Seasonal Fresh Fruit	Hot Ham & Cheese or Cheeseburger Broccoli & Cheese Tater Tots Applesauce Seasonal Fresh Fruit	Taco Salad (taco meat, chips, cheese, lettuce, tomato) or Chicken Quesadilla Refried Beans Fresh Vegetable Mix Pineapple Tidbits Seasonal Fresh Fruit	Chicken Sandwich or Turkey Sandwich Coleslaw Seasoned Potatoes Mandarin Oranges Seasonal Fresh Fruit Chocolate Chip Cookie
<b>2</b>	Breakfast Pizza	Donut & yogurt	Sausage, Biscuit & Gravy	French Toast with syrup	Chicken Biscuit
	Chicken Fajita Wrap or Grilled Cheese Mashed Potatoes Green Beans Diced Peaches Seasonal Fresh Fruit	Chicken Bites or Nacho Bites Broccoli & Cheese Baked Potato Mixed Fruit Seasonal Fresh Fruit	Corndog or Meatball Sub Seasoned Potatoes Baked Beans Applesauce Seasonal Fresh Fruit	Rotini with Meat Sauce & Roll or Turkey Sandwich Fresh Vegetable Mix Coleslaw Pineapple Tidbits Seasonal Fresh Fruit	Cheese Pizza or Pepperoni Pizza Mixed Green Salad Corn Mandarin Oranges Seasonal Fresh Fruit Sugar Cookie
<b>3</b>	Breakfast Pizza	Pancake Porky with syrup	Sausage, Biscuit & Gravy	Mini Pancakes with syrup	Bacon, Egg & Cheese Burrito
	BBQ Riblet or Chicken Tenders Bun or Roll Peas Mashed Potatoes Diced Peaches Seasonal Fresh Fruit	Cheeseburger or Chicken Quesadilla Ranch Style Vegetables Tater Tots Mixed Fruit Seasonal Fresh Fruit	Pepperoni Calzone or Grilled Cheese Broccoli & Cheese Corn Applesauce Seasonal Fresh Fruit	Hot Dog with Chili or Chili, Chips & Cheese Fries Fresh Vegetable Mix Pineapple Tidbits Seasonal Fresh Fruit	Hot Ham & Cheese or Chicken Sandwich Corn Chips Coleslaw Baked Beans Mandarin Oranges Seasonal Fresh Fruit Chocolate Chip Cookie
<b>4</b>	Breakfast Pizza	Donut & yogurt	Sausage, Biscuit & Gravy	French Toast with syrup	Chicken Biscuit
	Cheeseburger or Turkey Sandwich Green Beans Fries Diced Peaches Seasonal Fresh Fruit	Chicken Bites or Pepperoni Bites Baked Potato Broccoli & Cheese Mixed Fruit Seasonal Fresh Fruit	Chicken Fajita Wrap or Corndog Baked Beans Seasoned Potatoes Applesauce Season Fresh Fruit	Taco Quesadilla or Ham & Cheese Wrap Corn Chips Fresh Vegetable Mix Coleslaw Pineapple Tidbits Seasonal Fresh Fruit	Cheese Pizza or Pepperoni Pizza Mixed Green Salad Corn Mandarin Oranges Seasonal Fresh Fruit Sugar Cookie

**Offered Daily for Lunch/Breakfast:**

1% Unflavored Milk      Fat-free Flavored Milk      Fruit  
Apple Juice      Grape Juice      Orange Juice      Vegetable Juice

**Offered Daily for Breakfast:**

Cereal      Toast      Pop Tart

*This menu is subject to change based on available food items.*

# Clay County Public Schools

## Middle School & High School Cycle Menu

*Students must choose 1/2 cup fruit or vegetable daily at breakfast and lunch.*

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Breakfast Pizza	Pancake Porky with syrup	Sausage, Biscuit & Gravy	Mini Pancakes with syrup	Bacon, Egg & Cheese Burrito
	Chicken Tenders or BBQ Riblet Bun or Biscuit Mashed Potatoes Coleslaw Diced Peaches Seasonal Fresh Fruit	Chicken Sandwich or Turkey Sandwich Mixed Green Salad Seasoned Potatoes Mandarin Oranges Mixed Fruit Seasonal Fresh Fruit	Hot Ham & Cheese or Cheeseburger Broccoli & Cheese Tater Tots Applesauce Seasonal Fresh Fruit	Taco Salad (taco meat, chips, cheese, lettuce, tomato) or Chicken Quesadilla Refried Beans Fresh Vegetable Mix Pineapple Tidbits Seasonal Fresh Fruit	Bosco Sticks with Sauce or Pepperoni Calzone Ranch Style Vegetables Corn Mandarin Oranges Seasonal Fresh Fruit
<b>2</b>	Breakfast Pizza	Donut & yogurt	Sausage, Biscuit & Gravy	French Toast with syrup	Chicken Biscuit
	Chicken Fajita Wrap or Grilled Cheese Mashed Potatoes Green Beans Diced Peaches Seasonal Fresh Fruit Sugar Cookie	Chicken Bites or Nacho Bites Roll Broccoli & Cheese Baked Potato Mixed Fruit Seasonal Fresh Fruit	Corndog or Meatball Sub Curly Fries Baked Beans Applesauce Seasonal Fresh Fruit	Rotini with Meat Sauce & Roll or Turkey Sandwich Mixed Green Salad Corn Pineapple Tidbits Seasonal Fresh Fruit	Buffalo Chicken & Biscuit or Hot Ham & Cheese Coleslaw Green Beans Mandarin Oranges Seasonal Fresh Fruit
<b>3</b>	Breakfast Pizza	Pancake Porky with syrup	Sausage, Biscuit & Gravy	Mini Pancakes with syrup	Bacon, Egg & Cheese Burrito
	Pepperoni Calzone or Grilled Cheese Broccoli & Cheese Tater Tots Diced Peaches Seasonal Fresh Fruit	Cheeseburger or Chicken Quesadilla Ranch Style Vegetables Corn Mixed Fruit Seasonal Fresh Fruit	BBQ Riblet or Chicken Tenders Bun or Biscuit Peas Mashed Potatoes Applesauce Seasonal Fresh Fruit	Hot Dog with Chili or Chili, Chips & Cheese Baked Potato Fresh Vegetable Mix Pineapple Tidbits Seasonal Fresh Fruit	Hot Ham & Cheese or Spicy Chicken Sandwich Coleslaw Baked Beans Mandarin Oranges Seasonal Fresh Fruit Chocolate Chip Cookie
<b>4</b>	Breakfast Pizza	Donut & yogurt	Sausage, Biscuit & Gravy	French Toast with syrup	Chicken Biscuit
	Cheeseburger or Turkey Sandwich Mixed Green Salad Fries Diced Peaches Seasonal Fresh Fruit	Chicken Bites or Pepperoni Bites Roll Baked Potato Broccoli & Cheese Mixed Fruit Seasonal Fresh Fruit	Chicken Fajita Wrap or Corndog Baked Beans Curly Fries Applesauce Seasonal Fresh Fruit Sugar Cookie	Taco Quesadilla or Ham & Cheese Wrap Corn Chips Fresh Vegetable Mix Corn Pineapple Tidbits Seasonal Fresh Fruit	Asian Chicken & Rice or Meatball Sub Coleslaw Green Beans Mandarin Oranges Seasonal Fresh Fruit

**Offered Daily for Breakfast:**

Cereal Toast Pop Tart

**Offered Daily for Lunch/Breakfast:**

1% Unflavored Milk Fat-free Flavored Milk Fruit  
Apple Juice Grape Juice Orange Juice Vegetable Juice

**Offered Daily for Lunch:**

Variety of Pizza

*This menu is subject to change based on available food items.*

August 2016							September 2016							October 2016							November 2016						
Su	Mo	Tu	W	Th	Fri	Sa	Su	Mo	Tu	W	Th	Fri	Sa	Su	Mo	Tu	W	Th	Fri	Sa	Su	Mo	Tu	W	Th	Fri	Sa
	1	2	3	4	5	6					1	2	3							1			1	2	3	4	5
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30			
														30	31												

  

December 2016							January 2017							February 2017							March 2017						
Su	Mo	Tu	W	Th	Fri	Sa	Su	Mo	Tu	W	Th	Fri	Sa	Su	Mo	Tu	W	Th	Fri	Sa	Su	Mo	Tu	W	Th	Fri	Sa
				1	2	3	1	2	3	4	5	6	7				1	2	3	4				1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
25	26	27	28	29	30	31	29	30	31					26	27	28					26	27	28	29	30	31	

  

April 2017							May 2017						
Su	Mo	Tu	W	Th	Fri	Sa	Su	Mo	Tu	W	Th	Fri	Sa
						1		1	2	3	4	5	6
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			
30													

**PAYMENTS AND CHARGE POLICY:** All students are eligible to receive a meal at breakfast and lunch at no charge. No a la carte items may be charged. Payments for a la carte items may be made in advance or at the time of service. Payments may also be made online at [myschoolbucks.com](http://myschoolbucks.com). Adults must pay for meals in advance or at the time of service. There are no provisions for adult charges.

**Clay County Public Schools, under the National School Lunch/Breakfast Program, will offer free breakfast and lunch for all students for the 2016-2017 school year.**

All enrolled students are eligible to receive a healthy breakfast and lunch at school at no charge. No further action is required. All children will be able to participate in the meal program without having to pay a fee or submit a meal application. For more information please contact Melinda Nicholson, Food Service Coordinator (606)598-2168 or [melinda.nicholson@clay.kyschools.us](mailto:melinda.nicholson@clay.kyschools.us)

**FOOD COMPONENTS**

- ◇ Fruit
- ◇ Vegetable
- ◇ Grains
- ◇ Meat/Meat Alternate
- ◇ Milk

**Offer vs. Serve—Lunch:** Offer all 5 components and students must select 3 components with at least 1/2 cup of fruit, vegetable or 100% fruit/vegetable juice to be a reimbursable meal. Students are welcome to take 4 or all 5 components. **Breakfast:** Offer 4 food items in 3 components (grains, fruit and milk). Students must select 3 food items with at least 1/2 cup fruit or 100% fruit juice. Offered daily at lunch and breakfast: 1% unflavored milk, fat-free flavored milk, fat-free unflavored milk, and 100% fruit juice.