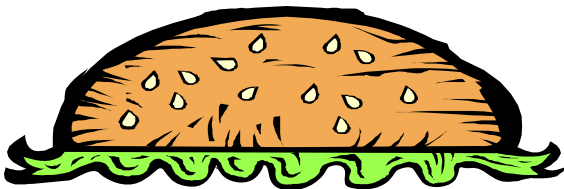


Wicomico Co September 2009

SUCCESS: Every Student, Every Day



NUTRITION TO GO

At one time, gelatin was expensive and time-consuming to make. But in 1897, powdered Jell-O was born and soon spread across the country. Certain fruits, like kiwi and pineapple, cannot be used in fruited jello because they contain enzymes that prevent the Jell-O from setting.

A TASTY MORSEL FOR TEENAGERS

FRUIT

Water-
Watermelon is a low-calorie treat with zero fat! Watermelon provides vitamins A and C and some fiber, too.

OF THE MONTH

MON, AUG. 31	TUE, SEPT. 1	WED, SEPT. 2	THU, SEPT. 3	FRI, SEPT. 4
<p>BREAKFAST Blueberry Pop Tarts</p> <p>LUNCH Shrimp Poppers w/ Dinner Roll Cheeseburger</p> <p>Peas Green Beans Applesauce</p> <p>A</p>	<p>BREAKFAST Pancakes w/ Syrup</p> <p>LUNCH Cheese Pizza Turkey & Cheese Wrap</p> <p>Corn Kale Mandarin Oranges</p> <p>B</p>	<p>BREAKFAST Sausage & Egg Biscuit</p> <p>LUNCH Honey BBQ Wings w/ Dinner Roll Cheesesteak Sub</p> <p>Baked Beans Cole Slaw Pineapple</p> <p>C</p>	<p>BREAKFAST Waffles w/ Syrup</p> <p>LUNCH Cold Cut Sub Teriyaki Beef Strips w/ Dinner Roll</p> <p>Rice Vegetable Casserole Broccoli Fresh Fruit</p> <p>D</p>	<p>BREAKFAST Breakfast Wrap</p> <p>LUNCH BBQ Rib Sandwich Turkey Club Sandwich</p> <p>Quick Baked Potato California Blend Peaches</p> <p>E</p>
MON, SEPT. 7	TUE, SEPT. 8	WED, SEPT. 9	THU, SEPT. 10	FRI, SEPT. 11
<p>★ ★ ★ ★ ★ Labor ★ ★ ★ ★ ★ DAY ★ ★ ★ ★ ★</p> <p>SCHOOLS CLOSED</p>	<p>BREAKFAST Breakfast Bun</p> <p>LUNCH Chicken Nuggets w/ Dinner Roll Fish Sandwich</p> <p>Orange Glazed Sweet Potatoes Green Beans Mixed Fruit</p> <p>F</p>	<p>BREAKFAST French Toast Sticks w/Syrup</p> <p>LUNCH Cheese Pizza Peanut Butter & Jelly Sandwich w/ String Cheese</p> <p>Garden Salad Peas Fresh Fruit</p> <p>A</p>	<p>BREAKFAST Scrambled Eggs w/ Ham w/ Toast</p> <p>LUNCH Nachos w/ Ground Beef Golden Chicken Patty Sandwich</p> <p>Broccoli Corn Pears</p> <p>B</p>	<p>BREAKFAST Breakfast Pizza</p> <p>LUNCH Grilled Ham & Cheese Sandwich Hot Dog on Bun</p> <p>Potato Wedges Vegetable Sticks w/Dip Applesauce</p> <p>C</p>

Menu Prices

	Breakfast	Lunch
Elementary :	\$ 1.00	\$2.00
Secondary:	\$ 1.00	\$2.25
Breakfast: Fruit or fruit juice and cereal choices served with each meal.		Lunch: 1/2 pint of milk served with each meal.
Ice Cream		.50
Milk		.50
Snacks		.50

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, State law, and the Maryland State Department of Education policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability and retaliation.

WELCOME BACK STUDENTS !



The right activity - Finding a sport your child likes can be as simple as asking them. Rather than assuming they'll want to play soccer or take ballet, talk to them first.

Letting them choose their own activity will improve



EXTRA!
Lunch Page News
APPLICATION DEADLINE

Just a reminder that last year's eligibility for free or reduced-price meals will expire automatically on October 9, 2009. Your application must be received by your child's school before that date. Please call the School Food and Nutrition Services Office at 410-677-4419 with any questions. Thanks!

NEW THIS YEAR!!!

Introducing a fully new point of sale cash register system coming to Wicomico County Schools. The new system will be phased in over the first half of the school year. The implementation is expected to be relatively seamless to students and parents/guardians and school staffs. More information will be forthcoming before implementation at your child's school.

Wicomico County School Nutrition program is excited to participate in Maryland's Team Nutrition grant "School Wellness Teams: Empowering Maryland's Children to Make Healthy Choices and be Physically Active."

Four elementary schools: Glen Avenue, Northwestern, Pinehurst and Willards will be the focus this year.

COUNTY

<p>MON, SEPT. 14</p> <p>BREAKFAST Apple Muffin</p> <p>LUNCH Cheesesteak Sub Italian Meatball Sub</p> <p>French Fries Cole Slaw Pineapple</p> <p>D</p>	<p>TUE, SEPT. 15</p> <p>BREAKFAST Funnel Waffle</p> <p>LUNCH Taco w/ Toppings Fish Sandwich</p> <p>Corn Broccoli Fresh Fruit</p> <p>E</p>	<p>WED, SEPT. 16</p> <p>BREAKFAST Ham & Egg Biscuit</p> <p>LUNCH Chicken Tenders w/ Dinner Roll Cheeseburger</p> <p>California Blend Peas Peaches</p> <p>F</p>	<p>THU, SEPT. 17</p> <p>BREAKFAST Yogurt w/ Elf Grahams</p> <p>LUNCH Cheese Pizza Tuna Salad Sub</p> <p>Confetti Spaghetti Green Beans Apple Crisp</p> <p>A</p>	<p>FRI, SEPT. 18</p> <p>BREAKFAST Pancakes w/ Syrup</p> <p>LUNCH Mozzarella Sticks w/Sauce Deli Style Turkey Sandwich</p> <p>Garden Salad Succotash Applesauce</p> <p>B</p>
<p>MON, SEPT. 21</p> <p>BREAKFAST Strawberry Pop Tarts</p> <p>LUNCH Pork Dippers w/Dipping Sauce & Dinner Roll Hot Dog on Bun</p> <p>Baked Beans Cole Slaw Fresh Fruit</p> <p>C</p>	<p>TUE, SEPT. 22</p> <p>BREAKFAST Breakfast Pizza</p> <p>LUNCH Grilled Chicken Patty Sandwich Fish Sandwich</p> <p>Macaroni & Cheese Kale Peaches</p> <p>D</p>	<p>WED, SEPT. 23</p> <p>BREAKFAST Cinnamon Bageler</p> <p>LUNCH Pepperoni Pizza Turkey Club Sandwich</p> <p>Corn Broccoli Pears</p> <p>E</p>	<p>THU, SEPT. 24</p> <p>BREAKFAST Sausage & Egg Biscuit</p> <p>LUNCH Beefaroni w/ Breadstick Cheesesteak Sub</p> <p>Garden Salad Peas Applesauce</p> <p>F</p>	<p>FRI, SEPT. 25</p> <p>BREAKFAST French Toast Sticks w/ Syrup</p> <p>LUNCH Popcorn Chicken w/Dinner Roll Cheeseburger</p> <p>Green Beans Glazed Carrots Mixed Fruit</p> <p>A</p>
<p>MON, SEPT. 28</p> <p>BREAKFAST Breakfast Bun</p> <p>LUNCH Chicken Fajita Wrap Hot Dog on Bun</p> <p>French Fries Vegetable Sticks w/ Dip Pineapple</p> <p>B</p>	<p>TUE, SEPT. 29</p> <p>BREAKFAST Breakfast Wrap</p> <p>LUNCH Sloppy Joe on Bun Cheesesteak Sub</p> <p>Potato Wedges Cole Slaw Hot Spiced Apples</p> <p>C</p>	<p>WED, SEPT. 30</p> <p>BREAKFAST Scrambled Eggs w/ Ham w/ Toast</p> <p>LUNCH Cheese Pizza Deli Style Ham Sandwich</p> <p>Kale Succotash Fresh Fruit</p> <p>D</p>	<p>THU, OCT. 1</p> <p>BREAKFAST Waffles w/ Syrup</p> <p>LUNCH Lasagna w/ Italian Bread Turkey Club Sandwich</p> <p>Garden Salad Peas Applesauce</p> <p>E</p>	<p>FRI, OCT. 2</p> <p>BREAKFAST Blueberry Muffin</p> <p>LUNCH Shrimp Poppers w/ Dinner Roll Cheeseburger</p> <p>Corn Green Beans Pears</p> <p>F</p>