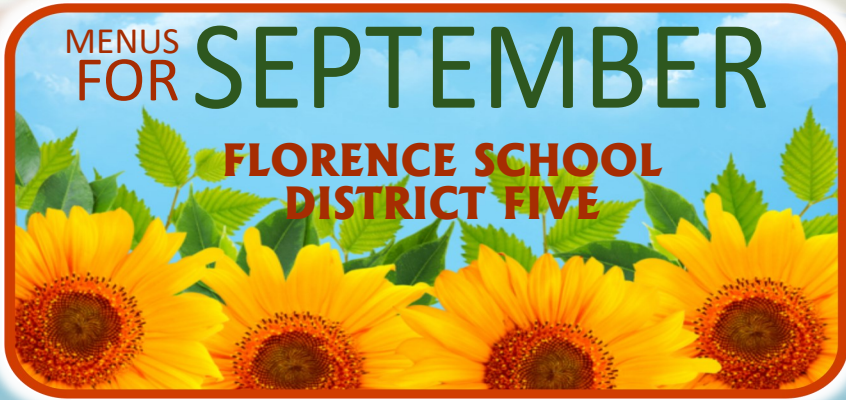


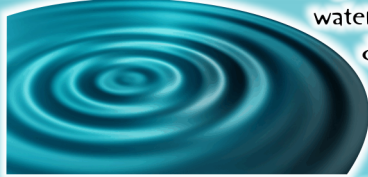
MENUS FOR **SEPTEMBER**
FLORENCE SCHOOL DISTRICT FIVE




This institution is an equal opportunity provider.
 Menus are subject to change.

RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



LABOR DAY
NO SCHOOL MONDAY, SEPTEMBER 6

Wednesday, September 1

Breakfast
 Cinnamon Roll
 Fruit & Juice Choice
 Milk Choice

Lunch
 Chef Salad w/ Ham & Crackers
 Or
 Steak w/ Gravy & Roll
 Mashed Potatoes
 Black-Eyed Peas
 Fruit & Milk Choice

Thursday, September 2

Breakfast
 Pop Tart / Yogurt
 Fruit & Juice Choice
 Milk Choice

Lunch
 Southwest Salad w/ Chicken & Crackers
 Or
 Pizza
 Corn
 Salad w/ Ranch
 Fruit & Milk Choice

Friday, September 3

Breakfast
 Cereal & Graham Crackers
 Fruit & Juice Choice
 Milk Choice

Lunch
 Chef Salad w/ Ham & Crackers
 Or
 Ham & Cheese Croissant
 Chips
 Sliced Tomato
 Carrot Sticks w/ Ranch
 Fruit & Milk Choice

Tuesday, September 7

Breakfast
 Sausage Biscuit
 Fruit & Juice Choice
 Milk Choice

Lunch
 Southwest Salad w/ Chicken & Crackers
 Or
 BBQ on Bun
 French Fries
 Carrots w/ Ranch
 Fruit & Milk Choice

Wednesday, September 8

Breakfast
 Cinnamon Roll
 Fruit & Juice Choice
 Milk Choice

Lunch
 Chef Salad w/ Ham & Crackers
 Or
 Roasted Chicken w/ Roll
 Mashed Potatoes
 Broccoli w/ Cheese
 Fruit & Milk Choice

Thursday, September 9

Breakfast
 Pop Tart / Yogurt
 Fruit & Juice Choice
 Milk Choice

Lunch
 Southwest Salad w/ Chicken & Crackers
 Or
 Hamburger on Bun
 Lettuce / Tomato / Mayo
 French Fries
 Fruit & Milk Choice

Friday, September 10

Breakfast
 Cereal & Graham Crackers
 Fruit & Juice Choice
 Milk Choice

Lunch
 Chef Salad w/ Ham & Crackers
 Or
 Corn Dog & Chips
 Beans
 Carrots w/ Ranch
 Fruit & Milk Choice

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

FSD5

Monday, September 13

Breakfast

Blueberry Muffin
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Chicken Filet Sandwich
Lettuce / Tomato / Mayo
Waffle Fries
Fruit & Milk Choice

Tuesday, September 14

Breakfast

Sausage Biscuit
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
Tacos w/ cheese
Let / Tom / Salsa
Pinto Beans
Fruit & Milk Choice

Wednesday, September 15

Breakfast

Cinnamon Roll
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Steak w/ Gravy & Roll
Mashed Potatoes
Black-Eyed Peas
Fruit & Milk Choice

Thursday, September 16

Breakfast

Pop Tart / Yogurt
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Friday, September 17

Breakfast

Cereal & Graham Crackers
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Ham & Cheese Croissant
Chips
Sliced Tomato
Carrot Sticks w/ Ranch
Fruit & Milk Choice



TENNESSEE

"The Volunteer State"
Admitted to the Union June 1, 1796 as the 16th State
State Capital: Nashville

Monday, September 20

Breakfast

Blueberry Muffin
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Popcorn Chicken
Green Beans
Yams*
Fruit & Milk Choice

Tuesday, September 21

Breakfast

Sausage Biscuit
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
BBQ on Bun
French Fries
Carrot Sticks w/ Ranch
Fruit & Milk Choice

Wednesday, September 22

Breakfast

Cinnamon Roll
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Roasted Chicken w/ Roll
Mashed Potatoes
Broccoli w/ Cheese
Fruit & Milk Choice

Thursday, September 23

Breakfast

Pop Tart / Yogurt
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
Hamburger on Bun
Lettuce / Tomato / Mayo
French Fries
Fruit & Milk Choice

Friday, September 24

Breakfast

Cereal & Graham Crackers
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Corn Dog & Chips
Beans
Carrots w/ Ranch
Fruit & Milk Choice

OUR CAFETERIA FOLKS ARE AWESOME! THANK YOU!!!

We never stopped
cooking for you.

School Meals
We serve education every day™

FSD5

Monday, September 27

Breakfast

Blueberry Muffin
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Chicken Filet Sandwich
Lettuce / Tomato / Mayo
Waffle Fries
Fruit & Milk Choice

Tuesday, September 28

Breakfast

Sausage Biscuit
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
Tacos w/ cheese
Let / Tom / Salsa
Pinto Beans
Fruit & Milk Choice

Wednesday, September 29

Breakfast

Cinnamon Roll
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Steak w/ Gravy & Roll
Mashed Potatoes
Black-Eyed Peas
Fruit & Milk Choice

Thursday, September 30

Breakfast

Pop Tart / Yogurt
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

NUTRITION TO GO

Tomatoes are one of the few foods
that contain lycopene, which studies
have shown to help prevent cancer.
Your body absorbs more lycopene
when a meal also contains a little fat,
perhaps from olive oil or cheese.
Cooked or processed tomatoes
(as in tomato sauce) also
increase lycopene
absorption.

A QUICK BITE FOR PARENTS