

What's For Breakfast?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Choice of One: Minni Ginni Rolls Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: Chicken Biscuit Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: "Big Breakfast" Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: Breakfast Bagel Sandwich Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: Biscuit & Gravy Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast
	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2	Choice of One: "Parfait Bar" Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: Ham/Egg/Cheese Croissant Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: "Big Breakfast" Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: Pancake on a Stick or Breakfast Bites Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: Biscuit & Gravy Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast
	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	Choice of One: Hot Cinnamon Roll Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: Chicken Biscuit Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: "Big Breakfast" Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: Breakfast Burrito Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: Biscuit & Gravy Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast
	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4	Choice of One: Breakfast Pizza Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: "Oatmeal Bar" Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: "Big Breakfast" Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: English Muffin Breakfast Sandwich Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast	Choice of One: Biscuit & Gravy Sausage Biscuit Peanut Butter & Jelly Breakfast Pastry or Muffin Cereal & Toast
	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice	Choose One: Juice or Fruit Healthy Milk Choice

School Breakfast...The First Step to Learning

Children who are hungry find it hard to stay alert and participate in their classroom experiences. The Clark County Schools Breakfast Program helps close the "readiness gap" with nutritious food in a cost-effective manner before classes begin. Breakfast is offered in all Clark County Schools; check with your school nutrition manager for information needed.

Breakfast Prices:	Daily	Weekly	Two Weeks
Students, Full pay	1.40	7.00	14.00
Students, Reduced pay	.30	1.50	3.00
Board Employees	1.85	9.25	18.50
Adult Visitors	2.50	12.50	25.00
Milk & Juice	.45	2.25	4.50

Special Dietary Needs:

If your child(ren) have needs for a special diet, your family physician must complete, with signature, a Special Dietary Needs Form. You may obtain this form from your school nutrition manager. The completed form is to remain on file in the office of the school nutrition manager.

Free and Reduced Priced Meal Benefits

To apply for free or reduced priced meal benefits, complete a family application, which is available in your school's office or from the office of School Nutrition Services. A new application must be completed at the beginning of each school year. If your student qualifies for free or reduced price lunch, he/she also qualifies for free or reduced price breakfast. For additional information, contact Linda Horton, School Nutrition Services Assistant, 744-4545.

2011-2012 Clark County School District

SCHOOL NUTRITION SERVICES

What's for Breakfast
and Lunch?



GEORGE ROGERS CLARK HIGH SCHOOL

CARDINALS

What's For Lunch?

Clark County Public Schools Nutrition Services Breakfast and Lunch Selections

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Comfy/Robbie Line	Bosco Sticks w/ Marinara, Hot & Spicy Chicken Sandwiches Healthy Chip Choice Vegetable of the Day	BBQ Pork on Bun Potato Wedges Baked Beans Vegetable of the Day	Meaty Lasagna w/ Sauce Corn Garlic Bread	"Soup of the Day" Peanut Butter Sandwich Grilled Cheese Sandwich	Popcorn Chicken Mashed Potatoes & Gravy Green Beans Biscuit
	Salad & More	Salad Choice or Soup & Sensational Sandwich Yogurt Parfait	Salad Choice or Soup & Sensational Sandwich Cottage Cheese & Fruit Salad	Salad Choice or Soup & Sensational Sandwich Cobb Salad	Salad Choice or Soup & Sensational Sandwich Yogurt & Muffin w/fruit	Salad Choice or Soup & Sensational Sandwich Turkey & Swiss on Pretzel Bun
	Pizza Line	Pizza Choice	Pizza Choice	Pizza Choice	Pizza Choice	Pizza Choice
	Hot Zone	Bosco Sticks w/ Marinara Hot and Spicy Chicken Sandwich Healthy Chip Choice, Vegetable of the Day	Mini CheeseBurgers w/ Trimmings BBQ Pork on Bun French Fries, Baked Beans	Cheeseburger w/ Trimmings Buffalo Chicken Sliders Healthy Chip Choice, Vegetable of the Day	Cheeseburger w/ Trimmings Chili Cheese Hot Dog French Fries, Vegetable of the Day	Mini CheeseBurgers w/ Trimmings Fish Sandwich w/ Trimmings Healthy Chip Choice, Vegetable of the Day
Chicken & More	Hot & Spicy Chicken Sandwich Cheeseburger w/ Trimmings Healthy Chip Choice, Vegetable of the Day	Breaded Wings Hot or Plain Mini Cheese Burgers w/ Trimmings French Fries, Vegetable of the Day	Breaded Wings Hot or Plain Buffalo Chicken Sliders Cheeseburger w/ Trimmings Healthy Chip Choice, Vegetable of the Day	Breaded Chicken Sandwich Cheeseburger w/ Trimmings French Fries, Vegetable of the Day	Popcorn Chicken Mashed Potatoes & Gravy Green Beans, Biscuit	
WEEK 2	Comfy/Robbie Line	Ravioli w/ Meat Sauce Mixed Vegetables Bosco Stick	Hot Brown, Vegetable of the Day	Grilled Chicken Strips w/ Queso Brown Rice Blended Vegetables Mexican Rice	"Pasta Bar" Meatballs or Grilled Chicken Spaghetti Sauce or Alfredo Sauce Mixed Vegetables & Garlic Bread	Meatloaf Mashed Potatoes Blended Vegetables Roll
	Salad & More	Salad Choice or Soup & Sensational Sandwich Yogurt Parfait	Salad Choice or Soup & Sensational Sandwich Club Sandwich on Croissant	Salad Choice or Soup & Sensational Sandwich BLT Salad	Salad Choice or Soup & Sensational Sandwich Hummus, Veggies, Fruit w/ Pita Chips	Salad Choice or Soup & Sensational Sandwich Tortilla Wrap
	Pizza Line	Pizza Choice	Pizza Choice	Pizza Choice	Pizza Choice	Pizza Choice
	Hot Zone	Cheeseburger w/ Trimmings Breaded Chicken Sandwich Healthy Chip Choice, Vegetable of the Day	Mini CheeseBurgers w/ Trimmings Chicken Nuggets French Fries, Vegetable of the Day	Cheeseburger w/ Trimmings Pizza Pocket Healthy Chip Choice, Vegetable of the Day	Cheeseburger w/ Trimmings Chili Cheese Hot Dog French Fries, Vegetable of the Day	Mini CheeseBurgers w/ Trimmings Fish Sandwich w/ Trimmings Healthy Chip Choice, Vegetable of the Day
Chicken & More	Breaded Chicken Sandwich Cheeseburger w/ Trimmings Healthy Chip Choice, Vegetable of the Day	Chicken Nuggets Mini CheeseBurgers w/ Trimmings French Fries, Vegetable of the Day	Chicken Fajita Refried Beans, Corn, Mexican Rice	Hot and Spicy Chicken Sandwich Cheeseburger w/ Trimmings French Fries, Vegetable of the Day	BBQ Chicken Mashed Potatoes, Blended Vegetables, Roll	
WEEK 3	Comfy/Robbie Line	"Baked Potato Bar" Steamed Broccoli Chili, Cheese, Salsa, Sour Cream, Chives	Philly Beef Hoagie Meatball Sub French Fries Vegetable of the Day	BBQ or Roasted Chicken Macaroni & Cheese Blended Vegetables Roll	Nacho Supreme Refried Beans Mexican Rice	Savory Chicken Bake Mashed Potatoes & Gravy Green Beans
	Salad & More	Salad Choice or Soup & Sensational Sandwich Yogurt Parfait	Salad Choice or Soup & Sensational Sandwich Veggie Pasta Salad & Cheese Stick	Salad Choice or Soup & Sensational Sandwich Taco Salad w/ Tostitos	Salad Choice or Soup & Sensational Sandwich Chef Salad	Salad Choice or Soup & Sensational Sandwich Roast Beef & Swiss on Pretzel Bun
	Pizza Line	Pizza Choice	Pizza Choice	Pizza Choice	Pizza Choice	Pizza Choice
	Hot Zone	Cheeseburger w/ Trimmings Hot and Spicy Chicken Sandwich Healthy Chip Choice, Vegetable of the Day	Mini CheeseBurgers w/ Trimmings Breaded Wings Hot or Plain French Fries, Vegetable of the Day	Cheeseburger w/ Trimmings Grilled Chicken Sandwich Healthy Chip Choice, Vegetable of the Day	Cheeseburger w/ Trimmings Chili Cheese Hot Dog French Fries, Vegetable of the Day	Mini CheeseBurgers w/ Trimmings Fish Sandwich w/ Trimmings Healthy Chip Choice, Vegetable of the Day
Chicken & More	Hot & Spicy Chicken Sandwich Cheeseburger w/ Trimmings Healthy Chip Choice, Vegetable of the Day	Breaded Wings Hot or Plain Mini CheeseBurgers w/ Trimmings French Fries, Vegetable of the Day	BBQ or Roasted Chicken Macaroni & Cheese Blended Vegetables, Roll	Breaded Chicken Sandwich Cheeseburger w/ Trimmings French Fries, Vegetable of the Day	Savory Chicken Bake Mashed Potatoes, Green Beans, Gravy	
WEEK 4	Comfy/Robbie Line	Pork Patty w/ Gravy Macaroni & Cheese Vegetable of the Day Bread Choice	Oven Fried Chicken Mashed Potatoes & Gravy Green Beans Roll	Roast Beef & Gravy Red Potatoes Vegetable Blend Roll	"Burrito Bar" Corn Black Or Refried Beans Mexican Rice	Oriental Chicken or Egg Roll Rice Choice Oriental Vegetables
	Salad & More	Salad Choice or Soup & Sensational Sandwich Yogurt Parfait	Salad Choice or Soup & Sensational Sandwich Club Sandwich on Croissant	Salad Choice or Soup & Sensational Sandwich Grilled Chicken, Apple & Pecan Salad	Salad Choice or Soup & Sensational Sandwich Hummus, Veggies, Fruit w/ Pita Chips	Salad Choice or Soup & Sensational Sandwich Lettuce Wraps
	Pizza Line	Pizza Choice	Pizza Choice	Pizza Choice	Pizza Choice	Pizza Choice
	Hot Zone	Cheeseburger w/ Trimmings Breaded Chicken Sandwich Healthy Chip Choice, Vegetable of the Day	Mini CheeseBurgers w/ Trimmings Corn Dog French Fries, Vegetable of the Day	Cheeseburger w/ Trimmings Grilled Chicken Sandwich Healthy Chip Choice, Vegetable of the Day	Cheeseburger w/ Trimmings Chili Cheese Hot Dog French Fries, Vegetable of the Day	Mini CheeseBurgers w/ Trimmings Chicken or Fish Nuggets Healthy Chip Choice, Vegetable of the Day
Chicken & More	Breaded Chicken Sandwich Cheeseburger w/ Trimmings Healthy Chip Choice, Vegetable of the Day	Chicken Tenders Mini CheeseBurgers w/ Trimmings French Fries, Vegetable of the Day	Grilled Chicken Sandwich Cheeseburger w/ Trimmings Healthy Chip Choice, Vegetable of the Day	Hot and Spicy Chicken Sandwich Cheeseburger w/ Trimmings French Fries, Vegetable of the Day	Chicken or Fish Nuggets Mini CheeseBurgers w/ Trimmings Healthy Chip Choice, Vegetable of the Day	

Daily offerings on each line include: Fruit, Garden Salad, Veggies w/ Dip, Cheese Choice, Cookie, and Healthy Milk Choice.

Lunch Prices	Daily	Weekly	Two Weeks
Students, Full pay	2.25	11.25	22.50
Students, Reduced pay	.40	2.00	4.00
Board Employees	3.25	16.25	32.50
Adult Visitors	4.25	21.25	42.50
Milk & Juice	.45	2.25	4.50

Payment Options: Start off the new school year on the right foot and remain engaged and involved in your student's nutrition decisions and habits. Visit our website at www.clarkschools.net and click on **MySchoolBucks** to create a secured account for each of your students. MySchoolBucks allows you to check account balances and receive low-balance email notifications, as well as view your student's account to see what and how much they are purchasing daily. Eliminate the worry about lost or forgotten money forever. A small service fee will apply if payment is made to your student's account. Pre-payment is strongly encouraged. Checks are welcome. Checks returned for non-sufficient funds will be presented to the county attorney for collection, and a fee of \$25.00 will apply.

Notes:

- Additional food items may be purchased on an a la carte basis.
- Milk offerings: Skim, 1% Low Fat, 1% Low Fat Chocolate and 1% Low Fat Strawberry
- Menu subject to change without notice due to availability.
- Last two weeks of school will be Manager's Choice every day.
- No charges are allowed at the high school.
- Student Bank is available for lunch loans daily in the school foyer.
- Now serving 100% Beef Burgers.

Offer vs. Serve is implemented in all schools:

Lunch: Choose 3...No Less!

Choose 4...That's More! Choose 5...That's Best!

Breakfast: Choose 3 or 4...So you won't snore!



Feeding Children Is Our Business

School lunches are planned to provide 1/3 of the recommended dietary allowances for school-age children. All Clark County students are encouraged to select a complete lunch. However, under the "Offer vs. Serve" regulation, they are allowed to select three, four, or five items. Menus are planned to include a variety of choices. Changes have been made in food specifications and preparation to lower sodium, fat and sugar in school meals.

Non-Discrimination Statement: This explains what to do if you believe you have been discriminated unfairly. "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
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To contact us: Clark County School Nutrition Services, 1600 West Lexington Avenue • 859-744-4545 • email: rebecca.lowry@clark.kyschools.us