



**SHELBY**  
COUNTY SCHOOLS  
WHERE LEARNING NEVER ENDS

# MENU

**Breakfast Options:**  
Cereal, Toast, Fruit, 100% Juice and Assorted 1% and Skim Milk offered daily.

**Lunch Options:**  
Assorted 1% and Skim Milk offered daily.



Additional breakfast and lunch items may be added to the menu.  
Please check with your local schools for additional choices.

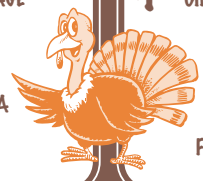
**Elementary**  
Breakfast .....\$1.25  
Lunch .....\$2.00

**Middle & High School**  
Breakfast .....\$1.25  
Lunch .....\$2.25

## Monday

**3** **Breakfast**  
FLUFFY EGGS, GRITS, SAUSAGE & CHILLED FRUIT

**Lunch**  
CHICKEN ENCHILADAS OR STUFFED CRUST PIZZA  
BROCCOLI  
GARDEN SALAD  
ORANGE SMILES



## Tuesday

**4** **Breakfast**  
CINNAMON ROLL, OATMEAL, & YUMMY BAKED APPLES

**Lunch**  
OPEN FACED BBQ PLATE OR BAKED FISH NUGGETS  
MARINATED COLE SLAW  
FRIED OKRA / BAKED BEANS  
FRESH MELONS



## Wednesday

**5** **Breakfast**  
WAFFLE STICKS, GRITS, & CHILLED FRUIT

**Lunch**  
CHEESEBURGER OR CORN DOGS  
FRENCH FRIES  
SUPER SALAD/STEAMED CARROTS  
APPLE SLICES  
CHOCOLATE CHIP COOKIE

## Thursday

**6** **Breakfast**  
APPLE FRUDEL & FRESH FRUIT

**Lunch**  
SPAGHETTI AND MEATBALLS OR CHICKEN NUGGETS  
WARM ROLL  
STEAMED FRESH VEGGIES  
FRESH GREEN BEANS / CAESAR SALAD  
PINEAPPLE TIDBITS



## Friday

**7** **Breakfast**  
CHICKEN TENDER BISCUIT, OATMEAL & APPLESAUCE

**Lunch**  
TACO SALAD W/ RICE  
CHEESY SOUTHWEST CHICKEN  
FALTBREAD  
REFRIED BEANS / CORN  
PEARS

**10** **Breakfast**  
FRENCH TOAST STICKS, SAUSAGE LINK, & FRESH FRUIT

**Lunch**  
BAKED TILAPIA W/ WARM ROLL OR CHICKEN TENDER WRAP  
SPRING SALAD / BRUSSELS SPROUTS  
BLACK-EYED PEAS  
FRUIT COCKTAIL

**11** **VETERANS DAY**  
**NO SCHOOL**



**12** **Breakfast**  
MINI PANCAKES & PINEAPPLE TIDBITS

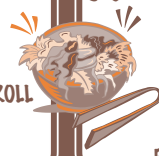
**Lunch**  
ITALIAN DUNKERS OR STROMBOLI  
MARINARA DIPPING SAUCE  
FRESH VEGGIES WITH DIP  
SWEET POTATO FRIES  
MIXED FRUIT / FRUIT CRISP

**13** **Breakfast**  
BREAKFAST BURRITO & ORANGE SMILES

**Lunch**  
CHICKEN SANDWICH OR ROAST AND GRAVY W/ WARM ROLL  
POTATO WEDGES  
SPINACH SUPREME  
BANANAS

**14** **Breakfast**  
BREAKFAST PIZZA, OATMEAL, & CHILLED FRUIT

**Lunch**  
PIZZA OR SALISBURY STEAK W/ RICE  
CALIFORNIA MEDLEY VEGGIE  
GARDEN SALAD  
PINEAPPLE TIDBITS / BROWNIE



**17** **Breakfast**  
BREAKFAST BOWL & CHILLED FRUIT

**Lunch**  
CHICKEN NUGGETS W/ WARM ROLL & DIPPING SAUCE OR MEATBALL SUB  
TATER TOTS / BROCCOLI  
GARDEN SALAD / MIXED FRUIT

**18** **Breakfast**  
CINNI MINIS & APPLESAUCE

**Lunch**  
RED BEANS & RICE OR CHEESEBURGER W/ FIXINGS  
CORN  
FRESH VEGGIES W/ DIP  
FRUIT SALAD

**19** **Breakfast**  
SAUSAGE GRIDDLE SANDWICH & FRESH MELONS

**THANKSGIVING LUNCH**  
THANKFUL TURKEY & DRESSING W/ GOBBLE GRAVY & RESPECTFUL ROLL OR HARVEST CORN DOG  
SHAKING SWEET POTATO CASSEROLE  
GRATEFUL GREEN BEANS  
FALL FRESH FRUIT / CARING CAKE

**20** **Breakfast**  
FLUFFY EGGS, HASHBROWNS, TOAST, & FRESH FRUIT

**Lunch**  
HOT DOG BURRITO  
SPANISH RICE / HERB CRUSTED VEGGIES  
PINTO BEANS  
ORANGE SMILES

**21** **Breakfast**  
SAUSAGE BISCUIT, GRITS, & CHILLED FRUIT

**Lunch**  
DELI SANDWICH W/ SUNCHIPS  
FRESH BABY CARROTS  
FRESH APPLE  
COOKIE



**24**



**25**

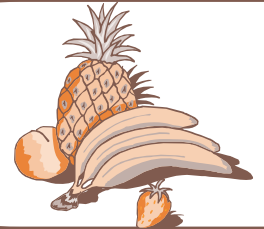
**26**

**27**

**28**



# THANKSGIVING BREAK



# November 2014

Menus are subject to change



Want to Receive Menus and CNP Updates?  
Join the CNP LISTSERV at  
<http://listsrv.shelbyed.k12.al.us/mailman/listinfo/cnp>  
Reviewed and Analyzed by  
Registered and Licensed Dietitian



"The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish). USDA is an equal opportunity provider and employer."