



# BASS ELEMENTARY SCHOOL

July, 2012

## Breakfast & Lunch Menu




## Welcome Back

Monday, July 9	Tuesday, July 10	Wed., July 11	Thursday, July 12	Friday, July 13
<b><u>Breakfast</u></b> WG Turkey Sausage Breakfast Square ; Applesauce Cup  <b><u>Lunch</u></b> Chicken Fillet / Bun Or Texas BBQ / Bun Fresh Cucumber Wheels With Ranch Dip Pintos with Cheese Fresh or Canned Fruit	<b><u>Breakfast</u></b> Cereal & Grahams  <b><u>Lunch</u></b> "Shark" Chicken Nuggets Or Ham Slice Creamy Mashed Potatoes Seasoned Green Beans Fresh or Canned Fruit Wheat Roll	<b><u>Breakfast</u></b> Sausage Biscuit  <b><u>Lunch</u></b> Assorted Wedge Pizza Or PBJ Uncrustable Dark Green Tossed Salad w/ cherry tomatoes /dressing Black-eye Peas & Corn Fresh or Canned Fruit	<b><u>Breakfast</u></b> Flapstick, 1/2 Banana  <b><u>Lunch</u></b> Honey BBQ Rib / Bun Or Turkey & Cheese / Bun Fresh Baked Sweet Potato Broccoli w/ cheese Fresh or Canned Fruit	<b><u>Breakfast</u></b> Yogurt & Grahams  <b><u>Lunch</u></b> Cold Cuts & Cheese / Bun Or Steak & Cheese / Bun Golden Corn Fresh Celery & Carrot Sticks Fresh or Canned Fruit

### MENU FACTS:



Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk

100% Fruit Juice is served with every Breakfast 

"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

Menus are subject to change without notice.



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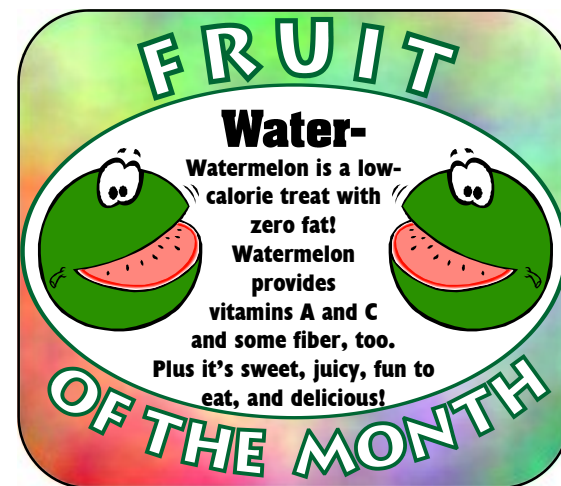


Beginning this school year, we're putting in place new USDA guidelines for even healthier meals for our students. Each meal **MUST** include at least one fruit or veggie serving,



Monday, July 16	Tuesday, July 17	Wed., July 18	Thursday, July 19	Friday, July 20
<b><u>Breakfast</u></b> Turkey Sausage & Cheese Bagel  <b><u>Lunch</u></b> Hot Dog w/wo chili/ Bun Or Beef Meatballs / HD Bun Baked Beans Fresh Baby Carrots with Ranch Dip Fresh or Canned Fruit	<b><u>Breakfast</u></b> Cereal & Grahams 1/2 Fresh Banana  <b><u>Lunch</u></b> Oven Roasted Chicken Or Sliced Ham Creamy Mashed Potatoes Fresh Fzn. Green Peas Fresh or Canned Fruit Wheat Roll	<b><u>Breakfast</u></b> Egg & Cheese Biscuit  <b><u>Lunch</u></b> Assorted Wedge Pizza Or PBJ Uncrustable Spinach Salad with Fresh Strawberries Fresh Fzn. Mixed Vegetables Fresh or Canned Fruit	<b><u>Breakfast</u></b> Cereal & Grahams  <b><u>Lunch</u></b> 100% Local Fresh Beef Cheeseburger/ Bun Or Turkey & Cheese / Bun Crispy Baked French Fries Fresh Fzn Carrots & Peas Fresh or Canned Fruit	<b><u>Breakfast</u></b> Toasted Cheese Sandwich Applesauce Cup  <b><u>Lunch</u></b> WG Fish Sticks / Dinner Roll Or Crispy Pork Chop / Bun Fresh Baked Potato Half Broccoli with Cheese Fresh or Canned Fruit

Monday, July 23	Tuesday, July 24	Wed., July 25	Thursday, July 26	Friday, July 27
<b><u>Breakfast</u></b> WG Turkey Sausage Breakfast Square ; Applesauce Cup	<b><u>Breakfast</u></b> Cereal; Grahams	<b><u>Breakfast</u></b> Chicken Biscuit	<b><u>Breakfast</u></b> Flapstick, 1/2 Banana	<b><u>Breakfast</u></b> Yogurt; Grahams
<b><u>Lunch</u></b> Chicken Fillet / Bun Or Texas BBQ / Bun Potato Puffs Fresh Cucumber Wheels With Ranch Dip Fresh or Canned Fruit	<b><u>Lunch</u></b> "Shark" Chicken Nuggets Or Sliced Ham Creamy Mashed Potatoes Seasoned Green Beans Fresh or Canned Fruit Wheat Roll	<b><u>Lunch</u></b> Assorted Wedge Pizza Or PBJ Uncrustable Dark Green Tossed Salad w/ cherry tomatoes /dressing Cannelloni Beans Fresh or Canned Fruit	<b><u>Lunch</u></b> 100% Beef Cheeseburger/ Bun Or Turkey & Cheese / Bun Crispy Sweet Potato Fries Fresh Fzn Peas & Carrots Fresh or Canned Fruit	<b><u>Lunch</u></b> Cold Cuts & Cheese / Bun Or Steak & Cheese / Bun Golden Corn Fresh Celery & Carrot Sticks Fresh or Canned Fruit





**PARENTS—PLEASE READ THE FOLLOWING INFORMATION**

**Account / Charge Procedures for Elementary Students**

- We encourage all parents to place money on their child's account. This method provides safety and insures your money will be spent as it was intended. All students, including those eligible for free lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound. Money may be placed on your child's account in any amount each school day.
- We allow elementary students to charge meals if they have forgotten to bring their money or when their account balance will not cover the cost of their meal.
- We allow 3 breakfast charges and 3 lunch charges for a total of \$7.05. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- **If no money is received and the parent has not made arrangements for his/her child, School Nutrition will provide a student with cheese crackers, fruit and a carton of milk. This emergency snack provides the nutrition a student needs for his/her school day.**
- Parents, please remember it is **your** responsibility to keep your child's account current. Make sure you place enough money on your child's account to cover the cost of his/her school meals **PLUS** any charges.
- We will do our best to work with parents to serve the needs of our students. Please keep in touch with your cafeteria manager, Mrs. Tina Lane, or the cashier, Mrs. Sue Ellen Napier. **Tel.No. 522-3796**
- You may also contact the School Nutrition Office in the School Administration Building at 522-3700, ext 161, ext 162 or ext 164. We are pleased to assist you.

**Remember, a Charge Policy is a courtesy.**  
**Please use it wisely.**

Monday, July 30	Tuesday, July 31	Wed., August 1	Thurs., August 2	Friday, August 3
<b><u>Breakfast</u></b> Turkey Sausage & Cheese Bagel	<b><u>Breakfast</u></b> Cereal; Grahams 1/2 Fresh Banana	<b><u>Breakfast</u></b> Egg & Cheese Biscuit	<b><u>Breakfast</u></b> Cereal; Grahams	<b><u>Breakfast</u></b> Yogurt; Granola Fresh Seasonal Fruit
<b><u>Lunch</u></b> Hot Dog w/wo chili/ Bun Or Beef Meatballs / HD Bun Baked Beans Fresh Baby Carrots with Ranch Dip Fresh or Canned Fruit	<b><u>Lunch</u></b> Chicken Fajita with Wild Grain Rice Or Sliced Ham w/ Wheat roll Broccoli w/ cheese Golden Corn Fresh or Canned Fruit	<b><u>Lunch</u></b> Assorted Wedge Pizza Or PBJ Uncrustable Spinach Salad with Carrots and Fresh Strawberries Large Dried Limas Fresh or Canned Fruit	<b><u>Lunch</u></b> Honey BBQ Rib / Bun Or Turkey & Cheese / Bun Fresh Baked Sweet Potato Broccoli w/ cheese Fresh or Canned Fruit	<b><u>Lunch</u></b> Oven Roasted Chicken Or Sliced Ham Fresh Baked Potato Half Seasoned Green Beans Fresh or Canned Fruit Bakery Dinner Roll



**MEAL APPLICATIONS:** Unless your children are approved by Direct Certification for SNAP (Food Stamps) or TANF, you are required to complete a new meal application **each school year** in order for your children to receive free or reduced price meals. Only **ONE** application per family is required. Each student within a family and the school he attends must be listed on the application. **Every application must have an adult signature to be processed!** Please make sure your application is completed and turned in to your school cafeteria cashier or to the School Nutrition Office in the School Administration Building as soon as possible. Your children may use their previous year's approval for the first 30 days of the new school year. If you have any questions or need further information, please call the School Nutrition Office at 522-3700, x164.

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