

**WORTHINGTON CITY SCHOOLS  
ELEMENTARY MENU SCHOOL YEAR 2011-2012**

| AUG - SEPT |    |    |    |     | OCTOBER |    |    |    |     | NOVEMBER |    |              |    |                  | DECEMBER   |    |    |    |    | JANUARY                     |    |    |     |     | FEBRUARY                         |    |    |    |    |
|------------|----|----|----|-----|---------|----|----|----|-----|----------|----|--------------|----|------------------|------------|----|----|----|----|-----------------------------|----|----|-----|-----|----------------------------------|----|----|----|----|
| M          | T  | W  | T  | F   | M       | T  | W  | T  | F   | M        | T  | W            | T  | F                | M          | T  | W  | T  | F  | M                           | T  | W  | T   | F   | M                                | T  | W  | T  | F  |
| N/S        | 23 | 24 | 25 | 26  | 3       | 4  | 5  | 6  | 7   | 1        | 2  | 3            | 4  |                  |            |    | 1  | 2  | NS | 3                           | 4  | 5  | 6   |     |                                  | 1  | 2  | 3  |    |
| 29         | 30 | 31 | 1  | 2   | 10      | 11 | 12 | 13 | N/S | 7        | 8  | 9            | 10 | N/S              | 5          | 6  | 7  | 8  | 9  | 9                           | 10 | 11 | 12  | N/S | 6                                | 7  | 8  | 9  | 10 |
| HLDY       | 6  | 7  | 8  | 9   | 17      | 18 | 19 | 20 | 21  | 14       | 15 | 16           | 17 | 18               | 12         | 13 | 14 | 15 | 16 | N/S                         | 17 | 18 | 19  | 20  | 13                               | 14 | 15 | 16 | 17 |
| 12         | 13 | 14 | 15 | 16  | 24      | 25 | 26 | 27 | 28  | 21       | 22 | THANKSGIVING |    |                  | 19         | 20 | 21 | 23 | 24 | 25                          | 26 | 27 | N/S | 21  | 22                               | 23 | 24 |    |    |
| 19         | 20 | 21 | 22 | N/S | 31      |    |    |    |     | 28       | 29 | 30           |    | Holiday Vacation |            |    |    |    | 30 | 31                          |    |    |     | 27  | 28                               | 29 |    |    |    |
| 26         | 27 | 28 | 29 | 30  | MARCH   |    |    |    |     | APRIL    |    |              |    |                  | MAY - JUNE |    |    |    |    | Lunch Prices                |    |    |     |     |                                  |    |    |    |    |
|            |    |    |    |     | M       | T  | W  | T  | F   | M        | T  | W            | T  | F                | M          | T  | W  | T  | F  | Daily \$2.75    Reduced .40 |    |    |     |     | Weekly \$13.75    Reduced \$2.00 |    |    |    |    |
|            |    |    |    |     |         |    |    | 1  | N/S |          |    |              |    |                  |            | 1  | 2  | 3  | 4  | Extra Milk \$.50            |    |    |     |     |                                  |    |    |    |    |
|            |    |    |    |     | 5       | 6  | 7  | 8  | 9   | 9        | 10 | 11           | 12 | 13               | 7          | 8  | 9  | 10 | 11 |                             |    |    |     |     |                                  |    |    |    |    |
|            |    |    |    |     | 12      | 13 | 14 | 15 | 16  | 16       | 17 | 18           | 19 | 20               | 14         | 15 | 16 | 17 | 18 |                             |    |    |     |     |                                  |    |    |    |    |
|            |    |    |    |     | 19      | 20 | 21 | 22 | 23  | 23       | 24 | 25           | 26 | 27               | 21         | 22 | 23 | 24 | 25 |                             |    |    |     |     |                                  |    |    |    |    |
| 26         | 27 | 28 | 29 | 30  | 30      |    |    |    |     | HLDY     | 29 | 30           |    |                  |            |    |    |    |    |                             |    |    |     |     |                                  |    |    |    |    |

CHECK THE DATE ABOVE, NOTE THE COLOR OF THE WEEK, REFER TO THAT LUNCH MENU COLOR BELOW.

**Parents are responsible for making sure students have money in their meal accounts.**

**LUNCH MENU**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| *Chicken Nuggets<br>OR Yogurt/Grahams<br>w/ Cheese Stick<br>Green Beans<br>Peaches Pudding                                  | * 2 For Tuesday Hot Dog<br>OR<br>Peanut Butter *Bagel<br>Baked Beans<br>Sidekick frozen fruit   | *Cheese Pizza<br>OR<br>Cook's special<br>Salad/low-fat dressing<br>Fresh Apple  | *French Toast w/Sausage<br>OR *French Tst w/Chs.Omelet<br>w/ syrup<br>Hash Brown Potato<br>100% Fruit Juice                      | *Cheeseburger on Bun OR<br>*Hamburger on Bun OR<br>PB & J *Sandwich / Wafer<br>Pickle Oven Fries<br>Pears/ *Cookie |
| Asian Food Special<br>with rice or pasta<br>OR Cook's Special<br>Oriental Veg. and Peaches<br>Fortune Cookie                | 2 Soft *Tacos Meat & Chs.<br>OR<br>2 Soft *Tacos Cheese Only<br>Mexican Rice or Beans<br>Pineapple tidbits  | *Grilled Cheese<br>OR *PB & J Sandwich<br>Tomato Soup<br>*Goldfish crackers<br>Mixed Fruit                                  | Grilled Chicken Patty w/*Bun<br>OR Baked Potato<br>w/cheese and *roll<br>Fresh Veggies/low-fat dip<br>Fresh Apple Fruited Jell-O | *Specialty Pizza<br>OR<br>PB & J *Sandwich / Wafer<br>Green Beans<br>Fresh Oranges                                 |
| *Chicken Patty on Bun<br>OR<br>*Crispy Fish Sticks<br>*Baked Chips<br>Applesauce<br>Fresh Veggies /low-fat dip              | 2 Mini Cheeseburger*Sliders<br>OR 2 Mini Hamburger *Sliders<br>OR<br>2 Mini Cheese*Sandwiches<br>Sweet Potato Puffs<br>Pickle & Fresh Pear        | *Cheese Filled Sticks<br>with dipping sauce<br>Green Beans<br>Fresh Grapes<br>Birthday Treat                                | Crispy Chicken Bowl<br>(chick ,mash pot, corn, chs)<br>OR<br>Yogurt & Fruit Parfait<br>Corn<br>Mixed Fruit                       | *Cheese Flatbread Pizza<br>OR<br>Peanut Butter* Sandwich<br>Mixed Green Salad<br>w/ dressing<br>Fruit Crisp        |
| Meatball *Sub Sandwich<br>w/ sauce & mozz. cheese<br>OR<br>Egg & Cheese *Bagel<br>Vegetable Medley<br>Pears<br>Crispy Treat | *2 Chicken Wrap Tuesday<br>w/lettuce & cheese<br>OR<br>Yogurt w/ Graham Crackers<br>and Cheese Stick<br>Mixed Green Salad/dressing<br>Fresh Apple | Macaroni & Cheese<br>*Whole Grain Roll<br>OR<br>Munchie Snack Pack<br>w/ crackers or *roll<br>Green beans<br>Fruit cocktail | *Mini Corn Dogs<br>OR<br>PB & J *Sandwich<br>Whipped Potatoes<br>Strawberries<br>Angel Food / White Cake                         | *Pizza Bites<br>OR<br>Baked Potato<br>w/cheese and margarine<br>Broccoli<br>*Mini Soft Pretzel<br>Orange wedges    |

LUNCH INCLUDES 1/2 PINT OF 1% WHITE OR FAT FREE FLAVORED MILK -- MEAL SUBSTITUTIONS MAY BE NECESSARY

**SAVE MONEY: EAT SCHOOL LUNCH**

On average it costs less to buy a school lunch than to bring a lunch from home. The estimated national average cost of a packed lunch is \$3.43.\* Compared to lunches from home, school lunches contain: three times as many dairy products, twice as much fruit, and seven times the vegetable amounts.

**School Lunch vs. Bagged Lunch**

**\$2.75                      \$3.43**

\*According to a meal cost analysis by Alive Jo Rainville, PhD, of Eastern Mich. Univ.

**FOR YOUR CONVENIENCE CHECK OUT PAYING ON-LINE AT [WWW.MEALPAYPLUS.COM](http://WWW.MEALPAYPLUS.COM)**

*Please refer to Fall BREAKFAST MENU*

**BREAKFAST W/ MILK - \$1.55 - REDUCED - \$0.30 - EXTRA MILK - \$.50**

|  |  |   |  |   |
|--|--|---|--|---|
| Chef Salad /Cheese<br>w/crackers & fruit<br>are offered<br>to meet an alternative meal | Fresh Fruit &<br>Vegetables will be<br>offered as often as<br>possible on a daily menu | Breading on all items now<br>are Whole Grain<br>NO Deep Frying<br>in District | Milk included with all meals<br>White Milk 1%<br>All flavored Milk is Fat Free | Menus are<br>SUBJECT TO CHANGE<br>Without Notice<br>Due to availability |
|--|--|---|--|---|

\* Breading or Bun is Whole Grain                      This institution is an equal opportunity provider

**[www.worthington.k12.oh.us/lunch\\_menus.php](http://www.worthington.k12.oh.us/lunch_menus.php)**

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