

SCMS
& 5GA

September
2024



**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

*Remembering our Heroes on
September 11, and showing our
support for them*

*all year
round.*



This institution is an equal opportunity provider.



Tuesday, September 3

Lunch

Mini Corn Dogs
Baked Beans
Potato Smiles
Fruit

Wednesday, September 4

Lunch

Country Fried
Steak
w/Roll
English Peas
Mashed Potatoes
Fruit

Thursday, September 5

Lunch

Fish Sticks
Hushpuppies
Black Eyed Peas
Broccoli
Fruit

Friday, September 6

Lunch

Pizza Variety
Garden Salad
Corn
Fruit

Monday, September 9

Lunch

Chicken Sandwich
Veggie Dippers
Tator Tots
Fruit

Tuesday, September 10

Lunch

Cowboy Nachos
w/Salsa, Cheese
Spanish Rice
Black Beans
Corn
Fruit

Wednesday, September 11

Lunch

General Tso's
Chicken
w/ Asian Rice
Spring Roll
Veggie Blend
Fruit
Fortune Cookie

Thursday, September 12

Lunch

Spaghetti/w Meat
Sauce
Garlic Knot
Glazed Carrots
Garden Salad
Fruit

Friday, September 13

Lunch

Pizza Variety
Veggie Dippers
Broccoli
Fruit

Students:

Breakfast-No Charge
Lunch-No Charge

Daily Options:

PBJ Sandwich,
String Cheese &
Daily Fruit/Veggie Choices
or
Protein Power Pack
with Yogurt,
String Cheese,
Grain, & Daily
Fruit/Veggie Choices

All meals include milk choice:
Fat Free Flavored,
Skim, and 1% milk

Harvest of the Month
Apples



Market conditions, delivery, and availability of food
may require changes in menu.

Monday, September 16

Lunch

Hot Dog
Baked Beans
Potato Wedges
Fruit

Tuesday, September 17

Lunch

Walking Taco
w/Salsa, Lettuce/
Cheese
Corn
Pinto Beans
Fruit

Wednesday September 18

Lunch

Cheeseburger
Baked Beans
French Fries
Fruit

*National Cheeseburger
Day*

Thursday, September 19

Lunch

Chicken Drumstick
Mac N Cheese
Broccoli
Veggie Dippers
Fruit

Friday, September 20

Lunch

Pizza Variety
Garden Salad
Corn Cob
Fruit

Monday, September 23

Lunch

Chicken Sandwich
Veggie Dippers
Tator Tots
Fruit

Tuesday, September 24

Lunch

Ranchero Pizza
Veggie Dippers
Corn
Fruit

Wednesday, September 25

Lunch

Chicken Strip
Basket
w/Roll
Green Beans
Roasted Potatoes
Fruit

*World School Milk
Day*

Thursday, September 26

Lunch

Rotini Pasta
w/ Meat Sauce
Garlic Bread
Glazed Carrots
Garden Salad
Fruit

Friday, September 27

Lunch

Pizza Variety
Veggie Dippers
Broccoli
GA Grown Apples

*Crunch for Lunch
Day*

Monday, September 30

Lunch

Brunch
for
Lunch



Every complete meal
we serve comes with
your choice of milk!

DON'T 4 GET!

Take at least **ONE**

FRUIT or VEGGIE

and at least **THREE**

items total so your meal
counts as a complete lunch!



**Sweet, Cool, AND
Clean!**

Watermelons are cool customers! They really know how to chill, and they're naturally sweet and loaded with vitamins and incredible nutrients like lycopene. And the bonus is they're among the "cleanest" fruits: their thick rinds keep contaminants safely away from the sweet, juicy insides we love so much!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



FLORIDA

"The Sunshine State"

Admitted to the Union March 3, 1845 as the 27th State
State Capital: Tallahassee