

**BE ACTIVE...STAY ACTIVE...PLAY ACTIVE!**

# AUG-SEPT 2009 ELEMENTARY MENU

ROANOKE COUNTY PUBLIC SCHOOLS  
SCHOOL NUTRITION SERVICES

## WELCOME BACK We Missed You!!



TEACHING  
HEALTHY  
HABITS



School Nutrition Services  
Roanoke County, Virginia

### FAMILY MEAL APPLICATION for Free & Reduced Meals

Only (1) Application per entire Family

The 10 day GRACE PERIOD for last year's Free or Reduced Priced students ends after lunch service on Friday, September 4, 2009!!!!

If you want to continue receiving meal benefits you **MUST** have your completed application into your school by Friday, September 4, 2009.

THANK YOU FOR YOUR COOPERATION

<p>MON 24</p> <p><b>MAXSTIX w/MARINARA CHEESEBURGER on BUN</b></p> <p><b>** CHOOSE TWO **</b> CURLY FRIES STEAMED CABBAGE BBQ BAKED BEANS SPICED APPLESAUCE</p>	<p>TUE 25</p> <p><b>RoKo's PIZZA CHIK'N EGGROLL w/ ducksauce</b></p> <p><b>** CHOOSE TWO **</b> HOMESTYLE RED BEANS &amp; RICE SEASONED BROCCOLI HARVARD BEETS SLICED PEACHES</p>	<p>WED 26</p> <p><b>BEEFY-CHZY TOSTITO SCOOPS TURKEY HOT DOG w/CHILI on BUN</b></p> <p><b>** CHOOSE TWO **</b> REFRIED BEANS FRUIT CRISP SEASONED CORN DICED PEARS</p>	<p>THU 27</p> <p><b>PORK STEAK &amp; GRAVY/ROLL MEATSAUCE PASTA / ROLL</b></p> <p><b>** CHOOSE TWO **</b> MASHED POTATOES &amp; GRAVY SEASONED MIXED VEGGIES BABY CARROTS w/RANCH MANDARIN ORANGES</p>	<p>FRI 28</p> <p><b>CHIK'N NUGGETS / WW ROLL FISH TREASURES w/ HUSHPUPIES</b></p> <p><b>** CHOOSE TWO **</b> TATER TOTS SEASONED GREEN BEANS ASSORTED FRUIT or JUICE</p>
<p>MON 31</p> <p><b>CHICKEN PATTY on BUN HOT HAM &amp; CHEESE on BUN</b></p> <p><b>** CHOOSE TWO **</b> SEASONED GREEN BEANS SHOESTRING FRIES MANAGER CHOICE VEGGIE DICED PEARS</p>	<p>TUE 1</p> <p><b>RoKo's PIZZA MANAGER'S CHOICE</b></p> <p><b>** CHOOSE TWO **</b> SUGAR SNAP PEAS SEASONED CORN BROC FLORETTES w/RANCH SPICED APPLESAUCE</p>	<p>WED 2</p> <p><b>CHEESY GARLIC FLATBREAD (2) TURKEY CORNDOG NUGGETS</b></p> <p><b>** CHOOSE TWO **</b> CURLY FRIES SEASONED GREEN PEAS SEASONED CARROTS PINEAPPLE TIDBITS</p>	<p>THU 3</p> <p><b>BEEF STEAK &amp; GRAVY/ROLL TURKEY PIG - IN - A - BLANKET</b></p> <p><b>** CHOOSE TWO **</b> MASHED POTATOES &amp; GRAVY SEASONED BABY LIMAS TOSSED SALAD w/ asst. dressings SLICED PEACHES</p>	<p>FRI 4</p> <p><b>POPCORN CHIK'N / WW ROLL TEXAS PORK BBQ on BUN w/slaw</b></p> <p><b>** CHOOSE TWO **</b> SEASONED TATER SEASONED BROCCOLI ASSORTED FRUIT or JUICE</p>

**Lunch Prices**

Full.....\$2.00  
Reduced.....40¢  
Adult.....\$2.50

**LUNCH OPTIONS**

Chef Salad  
Smucker's PB&J  
Yogurt

**New Returned Check Policy - Cafeterias**



Roanoke County School Nutrition Services has elected to use an outside company, Federal Automated Recovery Systems (FARS), for collecting checks returned for insufficient funds (NSF). The cafeterias will still gladly accept your checks as payment, however when you provide a check as payment, you authorize us to use information from the check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. Additionally, if your check is returned to us as unpaid, you authorize us to collect a fee (currently \$35 plus any bank fees) through an electronic fund transfer from your account. The following information is required on all checks made payable to your child's school meal account: \*Full Name \*Street Address \*Phone Number

# AUGUST-SEPTEMBER 2009



# ELEMENTARY MENU

MON 7 **LABOR DAY CLOSED**

**A Salute to Our American Workers**

TUE 8

**RoKo's PIZZA**  
HOT TURKEY BISCUIT

**\*\* CHOOSE TWO \*\***  
SEASONED GREEN BEANS  
BABY CARROTS w/RANCH  
SEASONED KALE  
FRUIT JUICE SHERBET/SHAPE-UP

WED 9

TACOS w/Tomato-Lettuce-Cheese  
MEATBALL WRAP

**\*\* CHOOSE TWO \*\***  
TATER TOTS  
SEASONED MIXED VEGGIES  
HOMESTYLE BROWN BEANS  
FRUITED JELLO

THU 10

PORK STEAK & GRAVY/ROLL  
TURKEY HOT DOG w/CHILI on BUN

**\*\* CHOOSE TWO \*\***  
MASHED POTATOES & GRAVY  
SEASONED GREEN PEAS  
SEASONED CARROTS  
PINEAPPLE TIDBITS

FRI 11

CHIK'N NUGGETS / WW ROLL  
ENCHILADA PIE -SHREDDED PORK

**\*\* CHOOSE TWO \*\***  
SHOESTRING FRIES  
SEASONED CORN  
ASSORTED FRUIT or JUICE

MON 14

MAXSTIX w/MARINARA  
STROMBOLI

**\*\* CHOOSE TWO \*\***  
CURLY FRIES  
STEAMED CABBAGE  
BBQ BAKED BEANS  
SPICED APPLESAUCE

TUE 15

**RoKo's PIZZA**  
BBQ PORK RIB SUB w/pickles

**\*\* CHOOSE TWO \*\***  
HOMESTYLE RED BEANS & RICE  
SEASONED BROCCOLI  
HARVARD BEETS  
SLICED PEACHES

WED 16

BEEFY-CHZY TOSTITO SCOOPS  
HOT HAM & CHEESE on BUN

**\*\* CHOOSE TWO \*\***  
REFRIED BEANS  
FRUIT CRISP  
SEASONED CORN  
DICED PEARS

THU 17

SALISBURY STEAK & GRAVY/ROLL  
TURKEY CORNDOG NUGGETS

**\*\* CHOOSE TWO \*\***  
MASHED POTATOES & GRAVY  
SEASONED MIXED VEGGIES  
BABY CARROTS w/RANCH  
MANDARIN ORANGES

FRI 18

CHIK'N STICKS (8) / WW ROLL  
MEATSAUCE PASTA & WW ROLL

**\*\* CHOOSE TWO \*\***  
TATER TOTS  
SEASONED GREEN BEANS  
ASSORTED FRUIT or JUICE

**SUPPORT HEALTHY VIRGINIANS WEEK - SEPT 14-18.**

MON 21

CHICKEN PATTY on BUN  
CHEESEBURGER on BUN

**\*\* CHOOSE TWO \*\***  
SEASONED GREEN BEANS  
SHOESTRING FRIES  
MANAGER CHOICE VEGGIE  
DICED PEARS

TUE 22

**RoKo's PIZZA**  
FISH TREASURES w/ HUSHPUPPIES

**\*\* CHOOSE TWO \*\***  
SUGAR SNAP PEAS  
SEASONED CORN  
BROC FLORETTES w/RANCH  
SPICED APPLESAUCE

WED 23

CHEESY GARLIC FLATBREAD (2)  
TURKEY PIG - IN - A - BLANKET

**\*\* CHOOSE TWO \*\***  
CURLY FRIES  
SEASONED GREEN PEAS  
SEASONED CARROTS  
PINEAPPLE TIDBITS

THU 24

PORK STEAK & GRAVY/ROLL  
CHIK'N EGGROLL w/ ducksauce

**\*\* CHOOSE TWO \*\***  
MASHED POTATOES & GRAVY  
SEASONED BABY LIMAS  
TOSSED SALAD w/ asst. dressings  
SLICED PEACHES

FRI 25

CHIK'N NUGGETS / WW ROLL  
TEXAS PORK BBQ on BUN w/slaw

**\*\* CHOOSE TWO \*\***  
SEASONED TATER  
SEASONED BROCCOLI  
ASSORTED FRUIT or JUICE

MON 28

BREAKFAST - 4 - LUNCH  
BBQ PORK RIB SUB w/pickles

**\*\* CHOOSE TWO \*\***  
PANNED APPLES  
COUNTRY POTATOES  
BROC FLORETTES w/RANCH  
MANDARIN ORANGES

TUE 29 **INTERIM REPORT DAY**

**RoKo's PIZZA**  
ENCHILADA PIE -SHREDDED PORK

**\*\* CHOOSE TWO \*\***  
SEASONED GREEN BEANS  
BABY CARROTS w/RANCH  
SEASONED KALE  
FRUIT JUICE SHERBET/SHAPE-UP

WED 30

TACOS w/Tomato-Lettuce-Cheese  
TURKEY CORNDOG NUGGETS

**\*\* CHOOSE TWO \*\***  
TATER TOTS  
SEASONED MIXED VEGGIES  
HOMESTYLE BROWN BEANS  
FRUITED JELLO



**BE ACTIVE...  
STAY ACTIVE...  
PLAY ACTIVE!**

**It is a mark of intelligence, no matter what you are doing, to have a good time doing it.**  
~ anonymous

