

Southside Elementary

Breakfast Menu 2018/2019

Meal Prices:
 Paid: \$1.30
 Reduced: \$.30
 Free- No Cost
 Adult: \$2.50

Every breakfast includes choice of low fat milk, fresh fruit, whole grains, protein rich options, 100% fruit juice.



Children who eat breakfast have improved memory, problem-solving skills, verbal fluency and creative abilities.

	Mon.	Tues.	Wed.	Thurs.	Fri.
Wk 1	Sausage Biscuit Chocolate Glazed Donut	Cheesy Bacon Eggs Muffin & Yogurt	Breakfast Bacon Pizza Chocolate Chip French Toast	Big Breakfast! Cereal Bar & String Cheese	Chicken Biscuit Protein Power Fruit Smoothie w/ Minion Grahams
Wk 2	Sausage Biscuit Powdered Donut Holes	Cheesy Bacon Eggs Cereal Bar & String Cheese	Breakfast Sausage Pizza Maple, Strawberry, Funfetti Pancakes	Big Breakfast! Pop Tarts	Chicken Biscuit Chocolate Chip French Toast
Wk 3	Sausage Biscuit Vanilla Sugar Powdered Donut	Cheesy Bacon Eggs Muffin & Yogurt	Breakfast Bacon Pizza Ginny's Waffles	Big Breakfast! Pop Tarts	Chicken Biscuit Protein Power Fruit Smoothie w/ Minion Grahams

Menus will change due to seasonal availability & student preferences.
 Please go to WC Schools Food Service Website for full menu with nutritional data and images:
<http://www.woodford.kyschools.us/content/18>



We value locally-sourced, fresh, high quality, minimally processed foods.
 Our passion & commitment is to
"Feed Woodford County's Future"

"The USDA is an equal opportunity provider & employer"

Southside Food Service Manager:
Billinda Kittinger
 billinda.kittinger@woodford.kyschools.us
 (859) 879-4666 ext. 6288

May				
M	T	W	Th	F
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24

August					September					October					November					December					January					February					March					April				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
6	7	8	9	10	3	4	5	6	7	1	2	3	4	5	5	6	7	8	9	3	4	5	6	7	7	8	9	10	11	4	5	6	7	8	4	5	6	7	8	8	9	10	11	12
13	14	15	16	17	10	11	12	13	14	15	16	17	18	19	12	13	14	15	16	10	11	12	13	14	14	15	16	17	18	11	12	13	14	15	11	12	13	14	15	15	16	17	18	19
20	21	22	23	24	17	18	19	20	21	22	23	24	25	26	19	20	21	22	23	17	18	19	20	21	21	22	23	24	25	18	19	20	21	22	18	19	20	21	22	22	21	22	23	24
27	28	29	30	31	24	25	26	27	28	29	30	31	1	2	26	27	28	29	30				3	4	28	29	30	31	1	25	26	27	28	29	25	26	27	28	29	29	30	1	2	3

Southside Elementary

LUNCH Menu 2018/2019

Meal Prices:
 Paid: \$2.65
 Reduced: \$.40
 Free- No Cost
 Adult: \$4.00

"The USDA is an equal opportunity provider & employer"

	Mon. Pasta Party Bar	Tues. Taco- style Tuesday	Wed. Pizzeria & a Treatza	Thurs. Sandwich Zone	Fri. Fresh Favorites
Wk 1	Spaghetti Noodles w/ Homemade Mama's Meat Sauce or Marinara	Chicken or Beef Soft Tacos Mexican Fiesta Rice	Big Daddy Pizza or Cheesy Bread w/ pizza dip Mini Rice Krispy Treat	Chicken Patty or Burger Bar Curly Fries	Mini Corn Dogs Cheese & Macaroni Crispy Fries Woodford Salad
Wk 2	Rotini Corkscrew Pasta w/ Marinara or Cheesy alfredo	Beef or Chicken Nachos Top n Go Doritos or Tostitos w/ Queso	French Bread Pizza or Breaded Cheese Sticks Chocolate Fudge Cookie	Mini Chicken or Burger Sliders Smiley Fries	Chicken Tenders Basket Mashed Potatoes/ Corn Sweet Yeast Roll
Wk 3	Meatball Mania w/ marinara Spaghetti Noodles	Chicken or Cheese Quesadillas Woodford Salad	Little Caesar's Pizza Pizza! Mini Ice Cream Sandwich	My- Way Substation Choice of Ham, Turkey or Chicken Baked Doritos or Cheetos	Ballpark Hot Dog Crispy Fries Sweet Baby Ray's Baked Beans
Daily Entree Options	Ham & Cheese Sandwich Nacho Lunch-kit	Turkey & Cheese Sandwich Chicken Dunker-kit	WOW Butter & Jelly Sammy Yogurt Lunch-kit	Ham & Cheese Sandwich Chicken Dunker-kit	Turkey & Cheese Sandwich Nacho Lunch-kit
Daily Side Options	Fresh Roasted Veggies Woodford Salad Parmesan Cheese Cheesy Breadstick Fruit cup/ Orange Smiles	Taco- Ultra Bar Trimmings Sweet Corn Refried Beans Apple Slices Sweet Pineapple Chunks	BLT Salad Carrot Dippers w/ Hidden Valley cup Fun-Flavored Applesauce Strawberry Craisins	Super Sandwich Toppings Celery Crunchers w/ Hidden Valley cup Banana Farm- Fresh Fruit Salad	Fun- flavored Applesauce TRY DAY FRIDAY FRUIT! (Encourage your child to try a new fruit on Fridays)

Each Meal option includes choice of low fat milk, fresh fruits/vegetables, whole grains & lean protein- rich options.

May				
M	T	W	Th	F
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24

August					September					October					November					December					January					February					March					April																																																																																																																		
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F																																																																																																														
6	7	8	9	10	3	4	5	6	7	1	2	3	4	5	5	6	7	8	9	3	4	5	6	7	7	8	9	10	11	4	5	6	7	8	4	5	6	7	8	8	9	10	11	12	13	14	15	16	17	10	11	12	13	14	14	15	16	17	18	11	12	13	14	15	11	12	13	14	15	11	12	13	14	15	15	16	17	18	19	20	21	22	23	24	17	18	19	20	21	21	22	23	24	25	18	19	20	21	22	18	19	20	21	22	22	21	22	23	24	27	28	29	30	31	24	25	26	27	28	29	30	31	1	2	26	27	28	29	30	3	4	5	6	7	28	29	30	31	1	25	26	27	28	1	25	26	27	28	29	29	30	1	2	3