

What's For Breakfast?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Choice of One: Biscuit w/ Gravy Cereal & Toast Sausage Biscuit Pop Tart	Big Breakfast: Breakfast Bites w/ Syrup Cereal & Toast Sausage Biscuit Pop Tart	Choice of One: Scrambled Eggs/ Sausage/Bacon Biscuit w/ Gravy Hash brown Cereal & Toast Sausage Biscuit Pop Tart	Choice of One: Breakfast Pizza Cereal & Toast Sausage Biscuit Pop Tart	Big Breakfast: Cheese Omelet Bacon Cinnamon Toast/Toast Cereal & Toast Sausage Biscuit Pop Tart
	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2	Choice of One: Biscuit w/ Gravy Cereal & Toast Sausage Biscuit Pop Tart	Choice of One: Breakfast Bagel Sandwich Cereal & Toast Sausage Biscuit Pop Tart	Choice of One: Scrambled Eggs/ Sausage/Bacon Biscuit w/ Gravy Hash brown Cereal & Toast Sausage Biscuit Pop Tart	Choice of One: Blueberry/Plain Pancake on a Stick w/ syrup Cereal & Toast Sausage Biscuit Pop Tart	Choice of One: Breakfast Burrito Cereal & Toast Sausage Biscuit Pop Tart
	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	Choice of One: Biscuit w/ Gravy Cereal & Toast Sausage Biscuit Pop Tart	Choice of One: Bacon/Egg/Cheese Biscuit Cereal & Toast Sausage Biscuit Pop Tart	Choice of One: Scrambled Eggs/ Sausage/Bacon Biscuit w/ Gravy Hash brown Cereal & Toast Sausage Biscuit Pop Tart	Choice of One: Breakfast Pizza Cereal & Toast Sausage Biscuit Pop Tart	Choice of One: Chef's Choice Cereal & Toast Sausage Biscuit Pop Tart
	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4	Choice of One: Biscuit w/ Gravy Cereal & Toast Sausage Biscuit Pop Tart	Big Breakfast: Waffle w/ Syrup Cereal & Toast Sausage Biscuit Pop Tart	Choice of One: Scrambled Eggs/ Sausage/Bacon Biscuit w/ Gravy Hash brown Cereal & Toast Sausage Biscuit Pop Tart	Choice of One: French Toast Sticks w/ Syrup Cereal & Toast Sausage Biscuit Pop Tart	Big Breakfast: English Muffin Breakfast Sandwich Cereal & Toast Sausage Biscuit Pop Tart
	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice	Choose One: Juice Fruit Healthy Milk Choice

School Breakfast...The First Step to Learning

Children who are hungry find it hard to stay alert and participate in their classroom experiences. The Clark County Schools Breakfast Program helps close the "readiness gap" with nutritious food in a cost-effective manner before classes begin. Breakfast is offered in all Clark County Schools; check with your school nutrition manager for information needed.

Breakfast Prices:	Daily	Weekly	Two Weeks
Students, Full pay	1.40	7.00	14.00
Students, Reduced pay	.30	1.50	3.00
Board Employees	1.85	9.25	18.50
Adult Visitors	2.50	12.50	25.00
Milk & Juice	.45	2.25	4.50

Special Dietary Needs:

If your child(ren) have needs for a special diet, your family physician must complete, with signature, a Special Dietary Needs Form. You may obtain this form from your school nutrition manager. The completed form is to remain on file in the office of the school nutrition manager. GRC is a Peanut Free Environment.

Free and Reduced Priced Meal Benefits

To apply for free or reduced priced meal benefits, complete a family application, which is available in your school's office or from the office of School Nutrition Services. A new application must be completed at the beginning of each school year. If your student qualifies for free or reduced price lunch, he/she also qualifies for free or reduced price breakfast. For additional information, contact Linda Horton, School Nutrition Services Assistant, 744-4545.

2009-2010 Clark County School District

SCHOOL NUTRITION SERVICES

What's for Breakfast
and Lunch?



GEORGE ROGERS CLARK HIGH SCHOOL

CARDINALS

What's For Lunch?

Clark County Public Schools Nutrition Services Breakfast and Lunch Selections

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Quesy/Italian Line Nachos Supreme Refried Beans, Mexican Rice Garden Salad Fruit Choice, Healthy Milk Choice	Soup of the Day Sandwich Choice Garden Salad Fruit Choice, Healthy Milk Choice	Beef or Chicken Fajita Mexican Rice, Mexican Corn Garden Salad Fruit Choice, Healthy Milk Choice	Quesadilla, Refried Beans Mexican Rice, Mexican Corn Vegetable & Dip, Garden Salad Fruit Choice, Healthy Milk Choice	Cheesy Penne Pasta Buttered Italian Blend Veg Garlic Bread, Garden Salad Fruit Choice, Healthy Milk Choice
	Salad Bar Line Salad & Soup, Sensational Sandwich Taco Salad Fruit Choice, Healthy Milk Choice	Salad & Soup, Sensational Sandwich Parfait Fruit Choice, Healthy Milk Choice	Salad & Soup, Sensational Sandwich Assorted Wraps Fruit Choice, Healthy Milk Choice	Salad & Soup Sensational Sandwich Fruit Choice, Healthy Milk Choice	Salad & Soup, Sensational Sandwich Fruit Choice Healthy Milk Choice
	Pizza Line Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Fruit Choice Cookie, Healthy Milk Choice
	Sandwich Line Cheeseburger w/ Trimmings French Fries, Vegetable Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings, Beef & Cheddar Chips, Vegetable Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings, Chili Cheese Dog French Fries, Vegetable Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings, Hot Wings w/Bread Choice Vegetable, Chips, Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings, Fish Choice French Fries, Vegetables Fruit Choice, Healthy Milk Choice
	Chicken Line Hot & Spicy Chicken Sandwich French Fries, Vegetable, Garden Salad Fruit Choice, Healthy Milk Choice	Grilled Chicken Sandwich, Chicken Fajita Wrap Chips, Vegetable, Garden Salad Fruit Choice, Healthy Milk Choice	Chicken Nuggets w/ Sauce French Fries, Vegetable, Garden Salad Fruit Choice, Healthy Milk Choice	Popcorn Chicken Bowl Mashed Potatoes, Vegetable, Gravy & Biscuit Garden Salad, Fruit Choice, Healthy Milk Choice	Breaded Chicken Sandwich French Fries, Vegetable Garden Salad, Fruit Choice, Healthy Milk Choice
WEEK 2	Quesy/Italian Line Oven Fried Chicken Loaded Mashed Potatoes, Green Beans Garden Salad, Fruit Choice, Roll Fruit Choice, Healthy Milk Choice	Meatloaf Mac & Cheese, Vegetable Blend Garden Salad, Roll Fruit Choice, Healthy Milk Choice	Chicken & Dumplings Corn, Steamed Broccoli w/Carrot Coins Garden Salad Fruit Choice, Healthy Milk Choice	Oriental Chicken or Egg Roll Rice Choice, Oriental Vegetables Garden Salad, Fortune Cookie, Fruit Choice, Healthy Milk Choice	Open Faced Turkey Mashed Potatoes, Green Beans Garden Salad, Roll Fruit Choice, Healthy Milk Choice
	Salad Bar Line Salad & Soup, Sensational Sandwich Taco Salad Fruit Choice, Healthy Milk Choice	Salad & Soup, Sensational Sandwich, Snack Pack 4oz Yogurt / Cheese Block, Fruit / Cracker or Muffin Healthy Milk Choice	Salad & Soup, Sensational Sandwich Hoagie Sandwich Fruit Choice, Healthy Milk Choice	Salad & Soup Sensational Sandwich Fruit Choice, Healthy Milk Choice	Salad & Soup Sensational Sandwich Fruit Choice, Healthy Milk Choice
	Pizza Line Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Fruit Choice Cookie, Healthy Milk Choice
	Sandwich Line Cheeseburger w/ Trimmings French Fries, Vegetable Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings Bean Chalupa, Chips, Vegetable Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings, Chili Cheese Dog French Fries, Vegetable Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings Wings w/Bread Choice Vegetable, Chips, Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings, Fish Choice French Fries, Vegetable Fruit Choice, Healthy Milk Choice
	Chicken Line Hot & Spicy Chicken Sandwich French Fries, Vegetable, Garden Salad Fruit Choice, Healthy Milk Choice	Popcorn Chicken Bowl Mashed Potatoes, Vegetable, Gravy & Biscuit Garden Salad, Fruit Choice, Healthy Milk Choice	Chicken Tenders w/ Sauce French Fries, Vegetable, Garden Salad Fruit Choice, Healthy Milk Choice	Grilled Chicken Sandwich, Chicken Fajita Wrap Chips, Vegetable, Garden Salad Fruit Choice, Healthy Milk Choice	Breaded Chicken Sandwich French Fries, Vegetable, Garden Salad Fruit Choice, Healthy Milk Choice
WEEK 3	Quesy/Italian Line Fiesta Beefy Mac Mixed Vegetables, Garlic Bread, Garden Salad Fruit Choice, Healthy Milk Choice	Chicken Alfredo Italian Blend Veggies, Cheese Stuffed Breadstick Garden Salad Fruit Choice, Healthy Milk Choice	Baked Spaghetti Corn, Garden Salad Garlic Bread / Breadstick Fruit Choice, Healthy Milk Choice	Chicken Parmesan Steamed Broccoli, Garlic Bread Garden Salad Fruit Choice, Healthy Milk Choice	Bosco Breadsticks w/ Marinara Garden Salad Fruit Choice, Healthy Milk Choice
	Salad Bar Line Salad & Soup, Sensational Sandwich Taco Salad Fruit Choice, Healthy Milk Choice	Salad & Soup, Sensational Sandwich Parfait Fruit Choice, Healthy Milk Choice	Salad & Soup, Sensational Sandwich Assorted Wraps Fruit Choice, Healthy Milk Choice	Salad & Soup Sensational Sandwich Fruit Choice, Healthy Milk Choice	Salad & Soup, Sensational Sandwich Fruit Choice Healthy Milk Choice
	Pizza Line Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Fruit Choice Cookie, Healthy Milk Choice
	Sandwich Line Cheeseburger w/ Trimmings French Fries, Vegetable Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings, Pizza Pocket Chips, Vegetable Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings, Chili Cheese Dog French Fries, Vegetable Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings Hot Wings w/Bread Choice Vegetable, Chips, Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings, Fish Choice French Fries, Vegetable, Dessert Fruit Choice, Healthy Milk Choice
	Chicken Line Hot & Spicy Chicken Sandwich French Fries, Vegetable, Garden Salad Fruit Choice, Healthy Milk Choice	Grilled Chicken Sandwich, Chicken Fajita Wrap Chips, Vegetable, Garden Salad Fruit Choice, Healthy Milk Choice	Chicken Nuggets w/ Sauce French Fries, Vegetable, Garden Salad Fruit Choice, Healthy Milk Choice	Popcorn Chicken Bowl Mashed Potatoes, Vegetable, Gravy & Biscuit Garden Salad, Fruit Choice, Healthy Milk Choice	Breaded Chicken Sandwich French Fries, Vegetable, Garden Salad Fruit Choice, Healthy Milk Choice
WEEK 4	Quesy/Italian Line Pork Cutlet & Gravy Mac & Cheese, Green Beans Corn Bread, Garden Salad Fruit Choice, Healthy Milk Choice	Baked Potato Bar (Broccoli w/ Cheese, Chili, Bacon Bits, Chives, Sour Cream) Garden Salad Fruit Choice, Healthy Milk Choice	Oven Fried Chicken Mashed Potatoes, Vegetable Roll, Garden Salad Fruit Choice, Healthy Milk Choice	Philly Beef Steak Sub Meatball Sub Potato Wedges, Garden Salad Fruit Choice, Healthy Milk Choice	Big Breakfast: Eggs, Sausage / Bacon, Hashbrowns Biscuit / Gravy Fruit Choice, Healthy Milk Choice
	Salad Bar Line Salad & Soup, Sensational Sandwich Taco Salad Fruit Choice, Healthy Milk Choice	Salad & Soup, Sensational Sandwich, Snack Pack 4oz Yogurt / Cheese Block, Fruit / Cracker or Muffin Healthy Milk Choice	Salad & Soup, Sensational Sandwich Hoagie Sandwich Fruit Choice, Healthy Milk Choice	Salad & Soup Sensational Sandwich Fruit Choice, Healthy Milk Choice	Salad & Soup Sensational Sandwich Fruit Choice, Healthy Milk Choice
	Pizza Line Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Cookie Fruit Choice, Healthy Milk Choice	Pizza Choice Garden Salad, Veggies & Dip, Fruit Choice Cookie, Healthy Milk Choice
	Sandwich Line Cheeseburger w/ Trimmings French Fries, Vegetable Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings Crispito, Vegetable Chips Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings, Chili Cheese Dog French Fries, Vegetable Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings Wings w/Bread Choice, Vegetable, Chips Fruit Choice, Healthy Milk Choice	Cheeseburger w/ Trimmings, Fish Choice French Fries, Vegetable Fruit Choice, Healthy Milk Choice
	Chicken Line Hot & Spicy Chicken Sandwich French Fries, Vegetable, Garden Salad Fruit Choice, Healthy Milk Choice	Popcorn Chicken Bowl Mashed Potatoes, Vegetable, Gravy & Biscuit Garden Salad, Fruit Choice, Healthy Milk Choice	Hot & Spicy Chicken Tenders French Fries, Vegetable, Garden Salad Fruit Choice, Healthy Milk Choice	Grilled Chicken Sandwich, Chicken Fajita Wrap Chips, Garden Salad, Vegetable Fruit Choice, Healthy Milk Choice	Breaded Chicken Sandwich French Fries, Vegetable, Garden Salad Fruit Choice, Healthy Milk Choice

Lunch Prices	Daily	Weekly	Two Weeks
Students, Full pay	2.25	11.25	22.50
Students, Reduced pay	.40	2.00	4.00
Board Employees	3.25	16.25	32.50
Adult Visitors	4.25	21.25	42.50
Milk & Juice	.45	2.25	4.50

Payment Options: Start off the new school year on the right foot and remain engaged and involved in your student's nutritional decisions and habits. Visit our Web site at www.clarkschools.net and click on **e-funds for schools** to create a secured account for each of your students using their school student ID number. E-funds allow you to check account balances and receive low-balance e-mail notifications. Parents will have the option to make a prepayment to their child's account using credit card, debit card, or checking account. Eliminate worry about lost or forgotten money forever. A small service fee will apply.

Pre-payment is strongly encouraged. Checks are welcomed. Checks returned for non-sufficient funds will be presented to the county attorney for collection, and a fee of \$25.00 will be charged.

Notes:

- Additional food items may be purchased on an a la carte basis.
- Milk offerings: Skim, 1% Low Fat, 1% Low Fat Chocolate and 1% Low Fat Strawberry
- Menu subject to change without notice due to availability.
- Last two weeks of school will be Manager's Choice every day.
- Special Holiday Menu will be served on the dates starred on the calendar.
- No charges are allowed at the high school.
- Student Bank is available for lunch loans daily in the school foyer.
- Now serving 100% Beef Burgers.

Offer vs. Serve is implemented in all schools:

- Lunch:** Choose 3...No Less!
- Choose 4...That's More! Choose 5...That's Best!
- Breakfast:** Choose 3 or 4...So you won't snore!



Feeding Children Is Our Business

School lunches are planned to provide 1/3 of the recommended dietary allowances for school-age children. All Clark County students are encouraged to select a complete lunch. However, under the "Offer vs. Serve" regulation, they are allowed to select three, four, or five items. Menus are planned to include a variety of choices. Changes have been made in food specifications and preparation to lower sodium, fat and sugar in school meals.

We do not discriminate on the basis of race, color, national origin, sex, age or disability.



AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31