

DECEMBER 2009

SCOTLAND COUNTY SCHOOLS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| | 1 Pancake Rollup Juice and Milk Beef Vegetable Soup Grilled Cheese Sandwich Fresh Carrot Sticks Mixed Fruit Cold Milk | 2 Sausage Biscuit Orange Wedge, Juice and Milk Tacos Hard or Soft Shells Lettuce, Tomato and Cheese Cup Steamed Brown Rice Pinto Beans Chilled Applesauce Cold Milk | 3 Breakfast Burrito Juice and Milk Spaghetti w/ Meat Sauce Wheat Bread Sticks Sweet Peas Orange Wedge Cold Milk | 4 Scrambled Eggs w/ Toast Juice and Milk Hot Dog White or Wheat Bun Cole Slaw Baked Beans Crystal Apple Cold Milk |
| 7 Super Donut Juice and Milk Pizza Steamed Corn Diced Pears Orange Wedge Cold Milk | 8 Peanut Butter & Jelly Sandwich Fresh Apple (½), Juice and Milk Lasagna Wheat Bread Sticks Sweet Peas Crystal Apple Cold Milk | 9 Breakfast Pizza Juice and Milk Sliced Ham w/ Wheat Roll Macaroni and Cheese Black eyed Peas Diced Pears Cold Milk | 10 Ham Biscuit Orange Wedge, Juice and Milk Chili Beans Grilled Cheese Sandwich California Blend Vegetables Strawberry Cup Cold Milk | 11 Pasta Ham & Cheese Sandwich Juice and Milk Sloppy Joe White or Wheat Roll Baked Fries Green Beans Diced Peaches Cold Milk |
| 14 Blueberry Muffin Orange Wedge, Juice and Milk Tomato Soup Grilled Cheese Sandwich Steamed Corn Mixed Fruit Cold Milk | 15 Bagel Stix Juice and Milk Sliced Turkey Roast or Ham Bread Dressing w/ Gravy Sweet Potato Souffle Green Beans Diced Peaches Cranberry Sauce Cold Milk | 16 Grilled Cheese Sandwich Orange Wedge, Juice and Milk Chicken Nuggets Wheat Bread Sticks Whipped Potatoes Steamed Vegetables Chilled Fruit Cold Milk | 17 Scrambled Eggs, Toast Juice and Milk Creamed Chicken over Rice w/ Cornbread Northern Beans Steamed Cabbage Orange Wedge Cold Milk | 18 Pop Tart Juice and Milk Deli Turkey & Cheese Sandwich on White or Wheat Bread Baby Carrots Pickle Spears Fresh Fruit Cold Milk |
| Christmas | Break | December | 21st - 31st | |

Paying for School Meals is Easier Than Ever at WWW.LUNCHPREPAY.COM.

- You get quick easy access to your student's meal account 24 hours a day, seven days a week.
- The ability to pay for multiple students' accounts with one single payment.
- The ability to look-up your student's account balance, any time, any place the internet is available.
- The ability to see 90 calendar days of purchases and payments.
- Automated notification, via e-mail, when your student's account balance falls below an amount you have set.
- Peace of mind, knowing that the money is being used for good nutrition

Application for school meal benefits are available throughout the year. If you have a decrease in income or an increase in your family size, you may re-apply at any time.

Contact the Child Nutrition Department at 910-276-1138 for more information.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, gender (male or females), age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (tty). USDA is an equal opportunity provider and employer.

