

# Eat Healthy...Get Smarx

The Mission of the Department of Nutritional Services for the Leon County School District is to provide a variety of appealing, nutritious, and safe meals in an environment that is respectful of each student's needs and differences. Nutrition Services employees are committed to the success and excellence of every Leon County School District student through a cost effective and efficient program.

The Leon County School District Nutritional Services Department supports the USDA Dietary Guidelines for Americans in conjunction with the USDA Food Guide Pyramid. Menus are planned to include a variety of foods that are low in sugar, fat and cholesterol. Menu selections are designed to increase breads and grains, fruits and vegetables, as well as other food sources rich in vitamins and minerals.

(850) 488-7426

3397 W. Tharpe Street  
Tallahassee, Florida 32303  
[www.leon.k12.fl.us](http://www.leon.k12.fl.us)

Menu is subject to change without notice due to price and availability of food.



On-line pre-payment system is available at [www.paypams.com](http://www.paypams.com)

**NON-DISCRIMINATION:** 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, sex, 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 1-866-632-9992 (voice). TDD users can contact USDA through local relay or the Federal Relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer.

## Breakfast & Lunch

### Menu Selections



LEON COUNTY SCHOOL DISTRICT  
NUTRITIONAL SERVICES DEPARTMENT

## MIDDLE & HIGH SCHOOL MENU

2010-2011

## CAFÉ CUISINE -

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose One	Chicken Patty on a Bun	Nachos el Grande	BBQ Sandwich	Roast Chicken	Spaghetti with Meat Sauce
	Deli Fresh Sub of the Day	Deli Fresh Wrap of the Day	Deli Fresh Sub of the Day	Deli Fresh Wrap of the Day	Deli Fresh Sub of the Day
	Chicken Tender Wrap	Cheese Burger	Chicken Tender Wrap	Cheese Burger Slider	Grilled Chicken Wrap
	Fiestada Pizza	Italian Cheese Bread (V)	Pizza (V)	Italian Cheese Bread (V)	Pizza (V)
Choose Two	French Fries	French Fries	Crazy Tots	Potato Wedges	French Fries
	Seasonal Broccoli	Tossed Salad	Steamed Carrot Medallions	Seasonal Greens	Tossed Salad
	Tex-Mex Corn	Refried Beans	Baked Beans	Mashed Potatoes	Corn on the Cob
Or Choose a Salad Meal	Specialty Salad Chef (V)	Specialty Salad Southwest Chicken	Specialty Salad Taco	Specialty Salad Chef (V) Or Yogurt Plate	Specialty Salad Crispy Popcorn Chicken

Served daily in the Café to complete your meal, your choice of Low-Fat, Ice-Cold Milk and 2 sides: Vegetables of the day, Side Salad, Chilled Fruit Cup, or Fresh Fruit

(V) = Vegetarian Entree

## BREAKFAST SELECTIONS -

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast Sticks	Egg and Cheese Sandwich	Sausage Biscuit	Power Ring or Granola Round	Jumbo Belgian Waffle
OR	OR	OR	OR	OR
Cereal with Toast or Honey Grahams or Grits	Cereal with Toast or Honey Grahams or Grits	Cereal with Toast or Honey Grahams or Grits	Cereal with Toast or Honey Grahams or Grits	Cereal with Toast or Honey Grahams or Grits

**Choose a Fruit to complete your breakfast:** Assorted 100% Fruit Juices, Chilled Fruit Cup or Fresh Fruit and Assorted Low-Fat Milk



**Additional Breakfast Items are Available at A La Carte Prices**

On-line payments can be made at [www.paypams.com](http://www.paypams.com)

Meal applications can be completed on-line at: [www.applyforlunch.com](http://www.applyforlunch.com)

### A LA CARTE CHOICES

Low-Fat & Fat-Free Milk (8 oz)	\$0.75
Sports Drink (12 oz)	\$1.00
Canned Drinks (12 oz)	\$1.00 - \$1.25
Ice-Cream	\$0.50 - \$1.25
Second Breakfast	\$2.25
Second Café Cuisine Lunch	\$2.75
Combo Lunch	\$4.50
Chocolate Chip Cookie	\$1.00
Chick fil a Sandwich	\$3.25
Domino's Pizza Slice	\$2.00