

2017
2018

BREAKFAST MENU

South Harrison Community
School Corporation
Elementary & Intermediate

MENU

Daily Breakfast Options Include: A choice of one entree, any two different fruits and a carton milk: milk includes a choice of non-fat (flavored or unflavored) or 1% (unflavored milk). You MUST select at least one (1) serving of fruit with your meal.

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Whole Grain Belgian Waffles & Low Fat Yogurt Kellogg's® Whole grain cereals 100% Fruit Juice Fresh Fruit 	<ul style="list-style-type: none"> Breakfast Fruit & Yogurt Smoothie & Whole Grain Muffin Kellogg's® Whole grain cereals Fresh Fruit 	<ul style="list-style-type: none"> Scrambled Eggs, Hash Browns & Whole Grain Biscuit with Jelly Kellogg's® Whole grain cereals 100% Fruit Juice Fresh Fruit 	<ul style="list-style-type: none"> Baked French Toast Sticks & Low Fat Yogurt Kellogg's® Whole grain cereals Fresh Fruit 	<ul style="list-style-type: none"> Ham, Egg & Cheese on Whole Grain Biscuit Kellogg's® Whole grain cereals 100% Fruit Juice Fresh Fruit

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Cheese Omelet & Hash Brown Potatoes Kellogg's® Whole grain cereals 100% Fruit Juice Fresh Fruit 	<ul style="list-style-type: none"> Sausage, Egg and Cheese on Whole Grain Biscuit Kellogg's® Whole grain cereals Fresh Fruit 	<ul style="list-style-type: none"> Whole Grain Cinnamon Roll & Low Fat Yogurt Kellogg's® Whole grain cereals 100% Fruit Juice Fresh Fruit 	<ul style="list-style-type: none"> Whole Grain Muffin & Low Fat Yogurt Kellogg's® Whole grain cereals Fresh Fruit 	<ul style="list-style-type: none"> Pancakes & Sausage Links Kellogg's® Whole grain cereals 100% Fruit Juice Fresh Fruit

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Pancake & Sausage Stick Kellogg's® Whole grain cereals 100% Fruit Juice Fresh Fruit 	<ul style="list-style-type: none"> Whole Grain Biscuits & Sausage Gravy Kellogg's® Whole grain cereals Fresh Fruit 	<ul style="list-style-type: none"> Scrambled Eggs, Hash Brown Potatoes & Bacon Kellogg's® Whole grain cereals 100% Fruit Juice Fresh Fruit 	<ul style="list-style-type: none"> Baked French Toast Sticks & Low Fat Yogurt Kellogg's® Whole grain cereals Fresh Fruit 	<ul style="list-style-type: none"> Cook's Choice & Low Fat Yogurt Kellogg's® Whole grain cereals 100% Fruit Juice Fresh Fruit

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Egg & Bacon on Whole Grain Biscuit Kellogg's® Whole grain cereals 100% Fruit Juice Fresh Fruit 	<ul style="list-style-type: none"> Breakfast Parfait with Fruit, Granola & Low Fat Yogurt Kellogg's® Whole grain cereals Fresh Fruit 	<ul style="list-style-type: none"> Whole Grain Cinnamon Roll & Low Fat Yogurt Kellogg's® Whole grain cereals 100% Fruit Juice Fresh Fruit 	<ul style="list-style-type: none"> Pancakes & Sausage Patty Kellogg's® Whole grain cereals Fresh Fruit 	<ul style="list-style-type: none"> Breakfast Bowl of Country Potatoes & Scrambled Eggs Kellogg's® Whole grain cereals 100% Fruit Juice Fresh Fruit

Meal Pricing

	BREAKFAST	LUNCH
STUDENTS	\$1.25	\$2.65
REDUCED	\$0.30	\$0.40
ADULTS	\$1.75	\$3.45
MILK	\$0.40	\$0.40

A La Carte

EXTRA ENTREE	\$1.50
EXTRA SIDE	\$0.50



LUNCH MENU

Daily Lunch Options Include: Milk choice of non-fat (flavored or unflavored) or 1% (unflavored) milk. Peanut Butter Jelly Sandwich. Reduced fat dressing is served with salads and fresh vegetables. All Grain items are Whole Grain Rich. All lunches include a choice of one to four different vegetables and/or fruits. Seasonal Fresh Fruits may include: apples, bananas, oranges, grapes, melons, strawberries, blueberries, pineapple, pear, kiwi and peach. Raw Vegetable Cup/Seasonal Fresh Vegetables may include: carrot, spinach, celery, broccoli, cauliflower, tomato, cucumber, bell pepper, squash, lettuce, cabbage. You MUST select at least one (1) serving of fruit or vegetable with your meal.

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Chicken Tenders & Whole Grain Roll • Pulled Pork BBQ on Bun • Baked Fries • Berry Spinach Salad • Peaches • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/ Dressing 	<ul style="list-style-type: none"> Cheeseburger w/Leaf Lettuce & Tomato Slice • Italian Lasagna & Whole Grain Roll • Corn • Seasoned Green Beans • Sidekick Frozen 100% Juice • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/ Dressing 	<ul style="list-style-type: none"> All American Hot Dog • Chili & Cornbread • Baked Beans • Baby Carrot • Fruit In Gelatin • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/Dressing 	<ul style="list-style-type: none"> Chicken Drumstick & Whole Grain Roll • Hot Ham & Cheese Sandwich • Mashed Potatoes & Gravy • Seasoned Green Beans • Pineapple Tidbits • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/ Dressing 	<ul style="list-style-type: none"> Meatball Marinara Sub • Corn Dog • Glazed Carrots • Applesauce • Raw Vegetable Cup w/Ranch • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/Dressing

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Chicken Nuggets • Grilled Cheese Sandwich • Tomato Soup • Steamed Broccoli • Applesauce Cup • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/Dressing 	<ul style="list-style-type: none"> Soft Taco • Crisпитos and Salsa • Spanish Rice • Shredded Lettuce & Tomatoes • Mandarin Oranges • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/Dressing 	<ul style="list-style-type: none"> Chicken Patty on Bun • Fish Nuggets w/Mac & Cheese • Creamy Cole Slaw • Baby Carrots • Peaches • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/ Dressing 	<ul style="list-style-type: none"> Breakfast for Lunch! • Biscuits & Gravy • Bacon, Egg & Cheese Biscuit • Hash Brown Potatoes • Baked Apples • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/ Dressing 	<ul style="list-style-type: none"> Pizza • Turkey Deli Sandwich • Corn • Celery Sticks w/Peanut Butter • Pears • Banana Pudding • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/ Dressing

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Beefy Nacho Grande • Fillet of Fish Sandwich • Steamed Broccoli Florets • Refried Beans • Mixed Fruit • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/Dressing 	<ul style="list-style-type: none"> Bosco Sticks w/Marinara • Chicken & Noodles & Whole Grain Roll • Potato Tots • California Blend Vegetables • Applesauce • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/Dressing 	<ul style="list-style-type: none"> Popcorn Chicken • Yummy Sloppy Joe • Vegetable Pasta Salad • Steamed Carrots • Peach Crisp • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/ Dressing 	<ul style="list-style-type: none"> Spaghetti w/Garlic Bread • Shrimp Poppers • Corn • Seasoned Green Beans • Sidekick Frozen 100% Juice • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/ Dressing 	<ul style="list-style-type: none"> Cheeseburger w/Leaf Lettuce, Tomato Slice Club Wrap • Baked Beans • Raw Vegetable Cup w/Ranch • Mandarin Oranges • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/ Dressing

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Taco Bowl • Calzone • Spanish Rice • Shredded Lettuce and Tomatoes • Apple Slices with Caramel Dip • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/ Dressing 	<ul style="list-style-type: none"> Chef's Choice Entrée • Chef's Choice Potato Cup • Chef's Choice Fruit Cup • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/Dressing 	<ul style="list-style-type: none"> Chicken Patty on Bun • Chicken Pasta w/Breadstick • Potato Casserole • Seasoned Green Beans • Pineapple Tidbits • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/ Dressing 	<ul style="list-style-type: none"> Soft Baked Pretzel w/ Cheese • Hot Chicken Sub • Baked Beans • Baked Apples • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/ Dressing 	<ul style="list-style-type: none"> Pizza • Tuna Salad Sandwich • Celery Sticks w/ Peanut Butter • Applesauce Cup • Happy Birthday Whole Grain Cookie • Seasonal Fresh Vegetables • Seasonal Fresh Fruits • Fresh Side Salad w/Dressing



School Meal Calendar

- Week One Meal Plan
- Week Two Meal Plan
- Week Three Meal Plan
- Week Four Meal Plan

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

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Ways to Pay for Meals



Pre-Payments Online

We are excited to offer EZSchoolPay.com, a service that offers you the convenience and information needed to manage your student's meal account. This system eliminates the need to send checks/cash to school or worry about lost or forgotten lunch money, and speeds up serving lines in the cafeteria. At no cost, EZSchoolPay allows any family to:

- Create a free, secure account to manage their student's account
- Check student's current meal account balance
- View student's purchasing history
- Create settings to receive e-mail notifications when the account reaches a low balance



For a convenience fee of \$2.75, EZSchoolPay allows families to make a prepayment into their student's meal account using a credit card at EZSchoolPay.com. Payments can be made to one or more student account with one convenience fee. Funds deposited through EZSchoolPay are usually available for student use within an hour. Busy parents can also check account balances, review purchase history and make payments right from their iPad, iPhone or Android device. The app is available in the Apple App Store and the Google Play Store.

Check Payments

Make checks payable to SHCSC and send/bring checks into the cafeteria. Include the student's name(s) and PIN number(s) on the check, and if splitting among multiple students, list the amount to post to each account.



Cash Payments

Cash MUST be sealed in an envelope. Include the student's name(s) and PIN number(s) on the outside of the envelope, and if splitting among multiple students, list the amount to post to each account.



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South Harrison Community School Corporation
Mary Smith, Food Services Coordinator
375 Country Club Road, Corydon, IN 47112
(812) 738-4181 ext. 2427
This institution is an equal opportunity employer.

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