

Menus for September 2020

Florence Five
Johnsonville High

This institution is
an equal
opportunity



The original value meal & still a fantastic deal!

Breakfast

Lunch

\$1.10 \$2.35

Get in touch with us today to learn more about
free and reduced-price meals in our district:



DON'T 4 GET!

To help keep yourself,
your friends, and
your family healthy

Please follow our
Social Distancing

MARCO!

Before Marco Polo was a game that you play in a swimming pool, he was a 13th century explorer who spent 24 years traveling in the Far East. Legend has it that he brought pasta to Italy from China!

SIXTH SENSES

Some animals possess "extra" senses that we lack. Bats and dolphins send out sounds that bounce back off of objects and help them navigate in the night sky or under water. Some snakes have a heat-sensitive pit between their eye and nostril that helps them detect prey. Cats use their whiskers to feel their surroundings in the dark. Do people have any extra senses?

**HAPPY
LABOR DAY!**



We hope the last
sweet days of your
Summer are super

PEACHY!

Tuesday, September 8

Breakfast

Pop Tart
Yogurt/Diced Pears
Juice/Milk Choice

Lunch

Chef Salad/Chicken/
Crackers (2 oz)
Or Popcorn Chicken
Roll (1 oz)
Green Beans
Yams
Orange Slices or Juice
Milk Choice

Wednesday,

Breakfast

Cinnamon Roll
Orange Wedges
Juice/Milk Choice

Lunch

Chef Salad/Ham
Crackers (2 oz)/
Or Pizza
Corn
Garden Salad
FF Ranch (2)
Red Apple or Peaches
Milk Choice

Thursday, September 10

Breakfast

Sausage Patty/Biscuit
Diced Peaches
Juice/Milk Choice

Lunch

Southwestern Salad/W/
Nacho Chips/Chicken or
Roasted Chicken
Biscuit
Mashed Potatoes
Broccoli W/Cheese
Banana or Applesauce
Milk Choice

Friday,

Breakfast

Cereal
Graham Crackers
Apple Sauce
Juice/Milk Choice

Lunch

Chef Salad/Ham/
Crackers (2 oz)
Or Ham & Cheese
Croissant
Mayo/Let/Tom
Corn
Green Lima Beans
Pineapple Cup or Juice
Milk Choice



**Florence County School District 5
Office of Food Services and Nutrition**



What's on YOUR plate?



Q: What's a Burger's Best Friend?



A: It's not cheese, or ketchup, or special sauce! It's a nice big slice of fresh tomato. Not only does a crisp, cool tomato taste good on a burger, but the vitamin C in tomatoes also makes it easier for your body to use the protein in the meat!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Join Us For Breakfast

Monday, September 14

Breakfast

Blueberry Muffin
Red Apple
Juice/Milk Choice

Lunch

Chef Salad/Ham Crackers (2 oz)
Or Chick Fillet Sand/ Mayo
Waffle Fries/Ketchup
Romaine Lettuce Leaf/
Sliced Tomato
Golden Delicious Apple or Diced Pears
Milk Choice

Tuesday, September 15

Breakfast

Pop Tart
Yogurt/Diced Pears
Juice/Milk Choice

Lunch

Chef Salad/Chicken Crackers (2 oz)
Or Teriyaki Chicken W/Rice & Roll
Steamed Broccoli
Garden Salad
FF Ranch Dressing (2)
Orange Slices or Juice
Milk Choice

Wednesday, Sept. 16

Breakfast

Cinnamon Roll
Orange Wedges
Juice/Milk Choice

Lunch

Chef Salad/Ham Crackers (2 oz)
Or Cheeseburger on Bun Mayo (1)/Mus (1)
Ketchup (2)
Romaine Lettuce Leaf/
Sliced Tomato
French Fries/Ketchup
Red Apple or Peaches
Milk Choice

Thursday, September 17

Breakfast

Sausage Patty/Biscuit
Diced Peaches
Juice/Milk Choice

Lunch

Southwestern Salad/W/
Nacho Chips/Chicken or Spaghetti Roll
Lima Beans
Garden Salad
FF Ranch Dressing (2)
Banana or Applesauce
Milk Choice

Friday, September 18

Breakfast

Cereal
Graham Crackers
Apple Sauce
Juice/Milk Choice

Lunch

Chef Salad/Ham Crackers (2 oz) or Chicken Tenders/Roll
Green Beans
Carrots
FF Ranch Dressing (2)
Pineapple Cup or Juice
Milk Choice

Monday, September 21

Breakfast

Blueberry Muffin
Red Apple
Juice/Milk Choice

Lunch

Chef Salad/Ham Crackers (2 oz)/
Corn Dog
Mustard/Ketchup
French Fries
Carrot Sticks
FF Ranch (2)
Golden Delicious Apple or Diced Pears
Milk Choice

Tuesday, September 22

Breakfast

Pop Tart
Yogurt/Diced Pears
Juice/Milk Choice

Lunch

Chef Salad/Chicken/ Crackers (2 oz)
Or Popcorn Chicken
Green Beans
Yams
Roll
Orange Slices or Juice
Milk Choice

Wednesday, Sept. 23

Breakfast

Cinnamon Roll
Orange Wedges
Juice/Milk Choice

Lunch

Chef Salad/Ham Crackers (2 oz)
Or Pizza
Corn
Garden Salad
FF Ranch (2)
Red Apple or Peaches
Milk Choice

Thursday, September 24

Breakfast

Sausage Patty/Biscuit
Diced Peaches
Juice/Milk Choice

Lunch

Southwestern Salad/W/
Nacho Chips/Chicken or Roasted Chicken/Biscuit
Mashed Potatoes
Broccoli W/Cheese
Banana or Applesauce
Milk Choice

Friday, September 25

Breakfast

Cereal
Graham Crackers
Apple Sauce
Juice/Milk Choice

Lunch

Chef Salad/Ham/ Crackers (2 oz)
Or Ham & Cheese
Croissant
Mayo/Let/Tom
Corn
Green Lima Beans
Pineapple Cup or Juice
Milk Choice

Monday, September 28

Breakfast

Blueberry Muffin
Red Apple
Juice/Milk Choice

Lunch

Chef Salad/Ham Crackers (2 oz)
Or Chick Fillet Sand/ Mayo
Waffle Fries/Ketchup
Romaine Lettuce Leaf/
Sliced Tomato
Golden Delicious Apple or Diced Pears
Milk Choice

Tuesday, September 29

Breakfast

Pop Tart
Yogurt/Diced Pears
Juice/Milk Choice

Lunch

Chef Salad/Chicken Crackers (2 oz)
Or Teriyaki Chicken W/Rice & Roll
Steamed Broccoli
Garden Salad
FF Ranch Dressing (2)
Orange Slices or Juice
Milk Choice

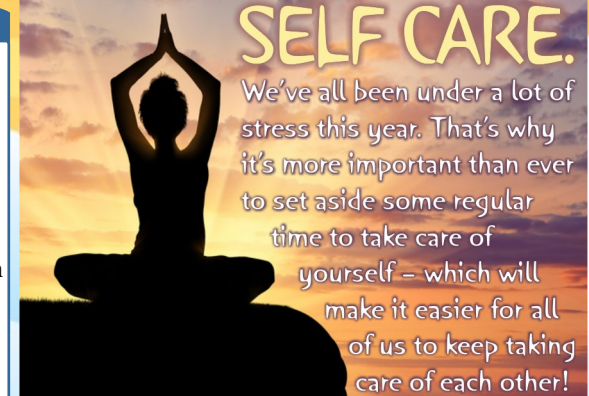
Wednesday, September 30

Breakfast

Cinnamon Roll
Orange Wedges
Juice/Milk Choice

Lunch

Chef Salad/Ham Crackers (2 oz)
Or Cheeseburger on Bun Mayo (1)/Mus (1)
Ketchup (2)
Romaine Lettuce Leaf/
Sliced Tomato
French Fries/Ketchup
Red Apple or Peaches
Milk Choice



SELF CARE.

We've all been under a lot of stress this year. That's why it's more important than ever to set aside some regular time to take care of yourself - which will make it easier for all of us to keep taking care of each other!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!