



SCHOOL NUTRITION PROGRAM

3400 Indian Mound Drive • Mt. Sterling, KY 40353 • 859-497-8578

Sandy Jones, School Nutrition Director
April Johnson, Administrative Coordinator
Rhesa Barber, Operations Coordinator

TOP THINGS TO KNOW ABOUT SCHOOL NUTRITION

- **WE PARTICPATE IN COMMUNITY ELIGIBILITY PROVISION:** Being a CEP district allows us to serve breakfast and lunch to enrolled students, Preschool through 12th grade, at no cost to the family.
- **WE ARE EXTREMELY TRANSPARENT:** The nutrition webpage contains a wealth of knowledge about our department, www.montgomery.k12.ky.us/administration/30. The menus are regularly updated on the website, along with nutrition related forms.
- **WE ARE NOT PERFECT, BUT WE'RE WORKING HARD:** When serving over 6,000 meals each day, inventory becomes a challenge. At times, we've run out of popular items and so has the food distributor, especially at the beginning and end of the year. Both schools and distributors are trying to guess which items are going to be selected. When several options are available this might happen. Please notify our office if your child mentions this occurrence to you.
- **WE HAVE ALA CART:** Every student is assigned a meal account with a number that they provide to the cashier to identify their account. Students may put money into their account to purchase "extra" items such as ala cart, milk, entrees, etc. Money may be added with cash, check, or by creating an account at www.mypaymentsplus.com.
- **WE PROVIDE UNMATCHED VALUE:** Each day we get to serve healthy, nutritious meals to the world's greatest students! Many people don't realize that we operate as a self-supporting business in the school district. That means we receive very limited dollars from the district and must use the money we bring in for one meal to pay for the next. We always invest 100% back to our students we serve.
- **WE HAVE YOU COVERED:** Food allergies and dietary modifications are becoming more common place. We can make accommodations for your student when the medical dietary modification form is signed by a medical professional and on file in our office.
- **WE ARE MORE THAN JUST CHICKEN NUGGETS AND PIZZA:** We've worked hard to add new menu items to the menu. We offer lots of different menu choices and test products throughout the school year with students to meet their taste preferences. Yes, we have very strict nutrition standards, but we're always seeking new ideas and products to introduce to our students. If you have suggestions, please send them our way!

BACK-TO-SCHOOL MENUS

BREAKFAST – A choice of fruit, milk, and bread item or breakfast entrée is offered daily.

LUNCH– A choice of entrees, fruits, vegetables, bread and milk is offered daily. Students may choose 3, 4, or 5 components in order to have a reimbursable meal. A **FRUIT OR VEGETABLE MUST BE CHOSEN TO BE A REIMBURSABLE MEAL.**

THURSDAY – 8/12	FRIDAY – 8/13	MONDAY—8/16	TUESDAY- 8/17
ELEMENTARY SCHOOLS (Additional Entrée Choices: M/F Uncrustable, Tu/Th Grilled Cheese, W Yogurt Grab & Go			
<p style="text-align: center;"><u>Breakfast</u></p> <p>Biscuit & Gravy Triple Berry Parfait Cocoa Puffs Fresh Apple/Grape Juice Milk Choices</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Deli Chicken Sandwich Trimming Baked Beans Fresh Apple/Peaches Banana Pudding Milk Choices</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Apple Cinnamon Toast Fudge Pastry Honey Nut Cheerios Applesauce/Orange Juice Milk Choices</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Mini Corn Dogs Macaroni & Cheese Garden Salad Peas & Carrots Fresh Grape/Apple Slices Milk Choices</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Breakfast Tornado Cinnamon Roll Cocoa Puffs Fresh Apple/Grape Juice Milk Choices</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Personal Pizza Green Beans Baby Carrots Peaches/Slushy Strawberries Milk Choices</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Breakfast Pizza Fudge Pastry Strawberry Banana Yogurt w/ Grahams Orange Wedges/Apple Juice Milk Choices</p> <p style="text-align: center;"><u>Lunch</u></p> <p>You're Invited!! Dragon Taco Party Fire Breathing Bean Melt Not Too Hot Toppings Totally Mild Salsa Party Pineapples/Cool Sorbet Milk Choices</p>
McNabb and MCHS Breakfast			
<p style="text-align: center;"><u>Breakfast</u></p> <p>Maple Waffles Triple Berry Parfait Cocoa Puffs Oranges/Apple Juice Milk Choices</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Bacon, Egg & Cheese Bagel Fudge Pastry Honey Nut Cheerios Applesauce/Orange Juice Milk Choices</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Breakfast Tornadoes Cinnamon Roll Cocoa Puffs Fresh Apple/Grape Juice Milk Choices</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Sausage, Egg & Cheese English Muffin Fudge Pastry Strawberry Yogurt w/ Granola Orange Wedges/Apple Juice Milk Choices</p>
MCNABB MIDDLE SCHOOL Lunch			
MoCo Market offers additional entrée choices including sandwich grab & go and chef salad.			
<p style="text-align: center;"><u>Lunch</u></p> <p>Deli Chicken Sandwich Chicken Patty Sandwich Trimming Baked Beans Peaches/Fresh Apple Banana Pudding Milk Choices</p>	<p style="text-align: center;"><u>Lunch</u></p> <p>Corn Dog Grilled Cheese Macaroni & Cheese Garden Salad Peas & Carrots Fresh Grapes/Apple Slices Milk Choices</p>	<p style="text-align: center;"><u>Lunch</u></p> <p>Personal Pizza Grilled Cheese Green Beans Baby Carrots Peaches/Slushy Strawberries Milk Choices</p>	<p style="text-align: center;"><u>Lunch</u></p> <p>Beefy Taco Trio Cheeseburger Refried Bean Melt Taco Toppings Salsa Pineapples/Fruit Sorbet Milk Choices</p>
MONTGOMERY COUNTY HIGH SCHOOL Lunch			
SPIRIT CAFÉ featuring three different serving lines: The Table, The Mound, and The Slice			
<p style="text-align: center;"><u>Lunch</u></p> <p><i>The Slice</i> Retro Pizza with Potato Skins</p> <p><i>The Table</i> Appetizer Basket Mozzarella Sticks with Roll Potato Skins Marinara Cup</p> <p><i>The Mound</i> Beefy Potato Skins Refried Beans Salsa Cup</p> <p><i>Additional Choices</i> Grilled Cheese Slushy Peaches Milk Choices</p>	<p style="text-align: center;"><u>Lunch</u></p> <p><i>The Slice</i> Pepperoni Pizza with French Fries</p> <p><i>The Table</i> Cheeseburger with French Fries Trimming</p> <p><i>The Mound</i> Buffalo Chicken Sub with French Fries Trimming</p> <p><i>Additional Choices</i> Uncrustable Fresh Apple Grape Juice Milk Choices</p>	<p style="text-align: center;"><u>Lunch</u></p> <p><i>The Slice</i> Cheese Stuffed Bread Sticks with Marinara Sauce Seasoned Potatoes</p> <p><i>The Table</i> Biscuit & Gravy Colby Omelet, Sausage Seasoned Potatoes Grape Tomatoes</p> <p><i>The Mound</i> Creamy Potato Soup with Deli Chicken Sandwich Trimming Grape Tomatoes</p> <p><i>Additional Choices</i> Uncrustable Blueberries/Orange Juice Milk Choices</p>	<p style="text-align: center;"><u>Lunch</u></p> <p><i>The Slice</i> Sausage Pizza with Mashed Potatoes</p> <p><i>The Table</i> Oven Fried Chicken with Biscuit Mashed Potatoes & Gravy Cole Slaw</p> <p><i>The Mound</i> Mashed Potato Bowl with Popcorn Chicken Biscuit Corn</p> <p><i>Additional Choices</i> Grilled Cheese Baked Apples Ice Cream Milk Choices</p>

This institution is an equal opportunity provider.