



Greene County Public Schools Menu
February 2023
Ruckersville Elementary School

Meal Prices 22/23
Breakfast: Adult - \$2.35
Student: Free
Lunch: Adult - \$4.00
Student: Free

Monday	Tuesday	Wednesday, 2/1	Thursday, 2/2	Friday, 2/3
		Muffin 26 Choose 1 or 2 Fruits Fresh Banana 27 100% Fruit Juice Low Fat or Fat Free Milk Choose 1 Entree Option 1: Breaded Cheese Sticks w/ Marinara 28/8 Or Option 2: Yogurt Parfait with Giant Goldfish Grahams 50/19 Choose 1 or 2 Vegetables Black Beans 22 Fresh Broccoli Florets 3 Fresh Orange 22 Low Fat or Fat Free Milk	Cereal Bar 30 Choose 1 or 2 Fruits Fresh Apple 25 100% Fruit Juice Low Fat or Fat Free Milk Choose 1 Entree Option 1: Chicken Nuggets w/ Breadstick 13/15 Or Option 2: Turkey and Cheese Wrap 36 Choose 1 or 2 Vegetables Seasoned Corn 17 Fresh Cucumber Slices 1 Fresh Banana 27 Low Fat or Fat Free Milk	Apple Frudel 36 Choose 1 or 2 Fruits Assorted Fruit 100% Fruit Juice Low Fat or Fat Free Milk Choose 1 Entree Option 1: Cheeseburger on Bun 25 Or Option 2: Chicken, Bacon, Ranch Wrap with Cheddar Crackers 27/13 Choose 1 or 2 Vegetables Sidewinder Potato Twists 17 Assorted Fresh Veggie Cup 5 Assorted Fruit Low Fat or Fat Free Milk
	For lunch, students have the option to select an entrée, a vegetable, a fruit, and a milk. A complete meal must contain at least one fruit or vegetable.			
Monday, 2/6	Tuesday, 2/7	Wednesday, 2/8	Thursday, 2/9	Friday, 2/10
Pillsbury Mini Cinnis 40 Choose 1 or 2 Fruits Applesauce 12 100% Fruit Juice Low Fat or Fat Free Milk Choose 1 Entree Breakfast for Lunch Option 1: French Toast Sticks & Yogurt 42/15 Or Option 2: Sausage Biscuit 24 Choose 1 or 2 Vegetables Seasoned Peas 11 Fresh Broccoli Florets 5 Fresh Apple 25 Low Fat or Fat Free Milk	Super Slice Breakfast Bread 43 Choose 1 or 2 Fruits Mixed Fruit Cup 19 100% Fruit Juice Low Fat or Fat Free Milk Choose 1 Entree Option 1: Macaroni and Cheese 30.5 Or Option 2: Yogurt with String Cheese & Bunny Grahams 15/0/24 Choose 1 or 2 Vegetables Seasoned Green Beans 3 Crisp Garden Salad 8 Chilled Mandarin Oranges 17 Low Fat or Fat Free Milk	Donut 29 Choose 1 or 2 Fruits Apple Slices 8 100% Fruit Juice Low Fat or Fat Free Milk Choose 1 Entree Option 1: French Bread Pizza 33 Or Option 2: Sunbutter and Jelly Sandwich 50 Choose 1 or 2 Vegetables Seasoned Corn 16 Roasted Butternut Squash 9 Berry Cup 9 Low Fat or Fat Free Milk	Mini Bagels 42 Choose 1 or 2 Fruits Craisins 28 100% Fruit Juice Low Fat or Fat Free Milk Choose 1 Entree Option 1: Crispy Fish Nuggets with Breadstick 23/15 Or Option 2: Turkey and Cheese Sandwich 33 Choose 1 or 2 Vegetables Sweet Potato Puffs 30 Cucumber Slices 1 Applesauce 12 Low Fat or Fat Free Milk	Cereal & Graham 24/21 Choose 1 or 2 Fruits Assorted Fruit 100% Fruit Juice Low Fat or Fat Free Milk Choose 1 Entree Option 1: Turkey Corn Dog 30 Or Option 2: Tuna Salad with Cheddar Crackers 3.5/13 Choose 1 or 2 Vegetables Baked Beans 22 Assorted Fresh Veggie Cup 5 Assorted Fruit Low Fat or Fat Free Milk
Monday, 2/13	Tuesday, 2/14	Wednesday, 2/15	Thursday, 2/16	Friday, 2/17
Pop Tart & Yogurt 37/15 Choose 1 or 2 Fruits Mixed Fruit Cup 19 100% Fruit Juice Low Fat or Fat Free Milk Choose 1 Entree Option 1: Chicken Nuggets w/ Breadstick 13/15 Or Option 2: Turkey and Cheese Sandwich 33 Choose 1 or 2 Vegetables Sidewinder Potato Twists 17 Fresh Cucumber Slices 1 Sidekick 23 Low Fat or Fat Free Milk	Pillsbury Mini Waffles 35 Choose 1 or 2 Fruits Apple Slices 8 100% Fruit Juice Low Fat or Fat Free Milk Happy Valentine's Day! Choose 1 Entree Option 1: Hot Dog on Bun 31 Or Option 2: Yogurt Parfait with Giant Goldfish Grahams 50/19 Choose 1 or 2 Vegetables Seasoned Corn 17 Fresh Broccoli Florets 3 Craisins 28 Low Fat or Fat Free Milk	Muffin 26 Choose 1 or 2 Fruits Fresh Banana 27 100% Fruit Juice Low Fat or Fat Free Milk Choose 1 Entree Option 1: Quesadilla 32 Or Option 2: Tuna Salad with Crackers 3.5/13 Choose 1 or 2 Vegetables Seasoned Black Beans 22 Fresh Baby Carrots 6 Applesauce 14 Low Fat or Fat Free Milk	Cereal Bar 30 Choose 1 or 2 Fruits Fresh Apple 25 100% Fruit Juice Low Fat or Fat Free Milk Choose 1 Entree Option 1: Crispy Chicken Sandwich 44 Or Option 2: Chef Salad with Chips/Crackers 33/15 Choose 1 or 2 Vegetables Golden Potato Puffs 21 Fresh Grape Tomatoes 3 Fresh Banana 27 Low Fat or Fat Free Milk	Apple Frudel 36 Choose 1 or 2 Fruits Assorted Fruit 100% Fruit Juice Low Fat or Fat Free Milk Choose 1 Entree Option 1: Turkey Taco with Lettuce and Tomato 20 or Option 2: Yogurt with String Cheese & Bunny Grahams 15/0/24 Choose 1 or 2 Vegetables Seasoned Green Beans 3 Assorted Fresh Veggie Cup 5 Assorted Fruit Low Fat or Fat Free Milk

Monday, 2/20	Tuesday, 2/21	Wednesday, 2/22	Thursday, 2/23	Friday, 2/24
	Super Slice Breakfast Bread 43 Choose 1 or 2 Fruits Mixed Fruit Cup 19 100% Fruit Juice Low Fat or Fat Free Milk	Donut 29 Choose 1 or 2 Fruits Apple Slices 8 100% Fruit Juice Low Fat or Fat Free Milk	Mini Bagels 42 Choose 1 or 2 Fruits Craisins 28 100% Fruit Juice Low Fat or Fat Free Milk	Cereal & Graham 24/21 Choose 1 or 2 Fruits Assorted Fruit 100% Fruit Juice Low Fat or Fat Free Milk
No School Presidents Day	Choose 1 Entree Breakfast for Lunch Option 1: Egg and Cheese English Muffin 26 Or Option 2: Breakfast Pizza 27	Choose 1 Entree Option 1: Spaghetti with Meat Sauce 42 Or Option 2: Hummus with Tortilla Chips 22/26	Choose 1 Entree Option 1: French Bread Pizza 33 Or Option 2: ½ Grilled Cheese Sandwich 16 and Chicken Noodle Soup 12	Choose 1 Entree Option 1: Pork BBQ Rice Bowl 42 Or Option 2: Deli Wrap 32.5
	Choose 1 or 2 Vegetables Golden Potato Puffs 21 Crisp Garden Salad 8 Fresh Grapes 14 Low Fat or Fat Free Milk	Choose 1 or 2 Vegetables Seasoned Peas 11 Fresh Cucumber Slices 1 Berry Cup 9 Low Fat or Fat Free Milk	Choose 1 or 2 Vegetables Sidewinder Potato Twists 17 Fresh Baby Carrots 6 Sidekick 23 Low Fat or Fat Free Milk	Choose 1 or 2 Vegetables Baked Beans 22 Assorted Fresh Veggie Cup 5 Assorted Fruit Low Fat or Fat Free Milk
Monday, 2/27	Tuesday, 2/28	Wednesday	Thursday	Friday
Pop Tart & Yogurt 37/15 Choose 1 or 2 Fruits Mixed Fruit Cup 19 100% Fruit Juice Low Fat or Fat Free Milk	Pillsbury Mini Waffles 35 Choose 1 or 2 Fruits Apple Slices 8 100% Fruit Juice Low Fat or Fat Free Milk			
Choose 1 Entree Option 1: Hot Ham and Cheese on a Bagel 30 Or Option 2: Yogurt with String Cheese & Bunny Grahams 15/0/24 Choose 1 or 2 Vegetables Steamed Broccoli 5 Fresh Baby Carrots 6 Mixed Fruit 19 Low Fat or Fat Free Milk	Choose 1 Entree Option 1: Chicken Fried Rice 54 Or Option 2: Hot Dog on Bun 31 Choose 1 or 2 Vegetables Seasoned Carrots 6 Fresh Celery Sticks 2 Chilled Pears 19 Low Fat or Fat Free Milk	**Due to availability and supply shortages, menus may change with little to no notice.**	Numbers next to items are the grams of carbohydrates per serving.	