



Muscofee County School District

P.O. Box 2427 • Columbus, Georgia 31902

For Immediate Release

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NEWS RELEASE

Summer Feeding Program

(Columbus, GA) –Great News! The Muscofee County School Nutrition Program wants to help make sure children continue to receive healthy meals throughout the summer. Children age 18 and younger are invited to take advantage of the free meals offered through the Summer Feeding Program Tuesday, June 1 – Friday, July 30, 2010.

- Breakfast is served from 8:00 a.m. – 8:30 a.m.
- Lunch is served from 11:30 a.m. – 12:30 p.m.

Meals will be served at select school sites throughout the district (List Included). The free meals will be available as long as there is enough participation to keep the sites open. Last year, over 4,000 meals were served. This year the goal is to serve 10,000 nutritious meals to children.

For additional information, contact e-mail communications@mcsdga.net , or call the School Nutrition Office at (706) 748-2386.

Muscogee County Summer Feeding Program welcomes children 18 years or younger to eat lunch 11:30 -12:30 at no cost at the following schools:

Arnold MS
Baker MS
Dawson Elementary
Dimon Elementary
Double Churches MS
Eddy MS
Forrest Road Elementary
Fox Elementary
Johnson Elementary
Kendrick HS
Key Elementary
Lonnie Jackson Academy
JD Davis
MLK Elementary
Muscogee Elementary
Spencer HS
St Mary's Elementary

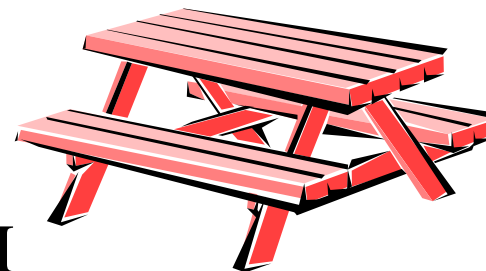
Join us for Breakfast 8:00-8:30 at no cost for children 18 years or younger at these schools:

Baker MS
Double Churches MS
Eddy MS
Fox Elementary
Johnson Elementary
Lonnie Jackson Academy
MLK Elementary
Spencer HS
St Mary's Elementary

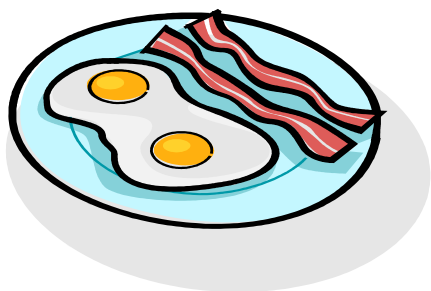
NOTE: Meals will be available as long as we have enough participation to keep the site open. Please tell everyone you know about eating at the schools during this summer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Jun	2-Jun	3-Jun	4-Jun
	Ham Cheese Sandwich	Hamburger on Bun with	Chicken Patty on Bun	Corn Dog
	Baby carrots w/ dip	Lettuce, and Tomato & Pickle	Lettuce, and Tomato & Pickle	Cole Slaw
	Frozen Fruit Juice Bar	Potato Wedges	Raw Veggies w/ Dip	Fruit Juice
	Milk	Fresh Fruit	Mixed Fruit	Milk and Cookie
		Milk	Milk	
	Snack: Cereal & Milk	Snack: Oatmeal cream filled Cookies (2) & Juice	Snack: Sun Chips & Juice	Snack: Pop Tart & Milk
7-Jun	8-Jun	9-Jun	10-Jun	11-Jun
Rib-B-Que on Bun w/ Pickle	Hot Dog with Bun	Turkey Hoagie	Chicken Nuggets	Beanie Weenies
Potato Wedges	Baked Beans	Baby carrots w/ dip	Mashed Potatoes- Ranch	Beans w/ Sauce
Fresh Fruit	Fresh Fruit	Frozen Fruit Juice Bar	Roll	Breadstick
Milk	Milk	Milk	Fresh Fruit	Orange Wedges
			Milk	Milk
Snack: Graham Crackers & Milk	Snack: Cheeto Cheese Curls & Juice	Snack: Doritos & Juice	Snack: Fruit Delight & Juice	Snack: PB Crackers & Milk
14-Jun	15-Jun	16-Jun	17-Jun	18-Jun
Cheeseburger on Bun with	Ham & Cheese Sandwich	Ravioli	Chicken Patty on Bun	Corn Dog
Lettuce, and Tomato & Pickle	Baby carrots w/ dip	Garden Salad / Dressing PC	Lettuce, and Tomato & Pickle	Cole Slaw
Potato Wedges	Frozen Fruit Juice Bar	Breadstick	Corn Cobbette	Fruit Juice
Fresh Fruit	Milk	Fresh Fruit	Mixed Fruit	Milk and Cookie
Milk		Milk	Milk	
Snack: Pretzels & Juice	Snack: Fudge filled Cookies (2) & Juice	Snack: Cereal & Milk	Snack: Goldfish Giant Graham & Juice	Snack: Cheese Crackers w/ Cheese & Milk
21-Jun	22-Jun	23-Jun	24-Jun	25-Jun
Cheese Pizza	Hot Dog with Bun	Turkey Wrap w/ Pasta Salad	Chicken Nuggets	Beanie Weenies
Garden Salad / Dressing PC	Baked Beans	Baby carrots w/ dip	Mashed Potatoes	Beans w/ Sauce
Pineapple Tidbits	Fresh Fruit	Frozen Fruit Juice Bar	Roll	Breadstick
Milk & Cookie	Milk	Milk	Fresh Fruit	Orange Wedges
			Milk	Milk
Snack: Cheddar Goldfish & Juice	Snack: Oatmeal cream filled Cookies (2) & Juice	Snack: Sun Chips & Juice	Snack: Pop Tart & Milk	Snack: Cereal & Milk
28-Jun	29-Jun	30-Jun		
Hamburger on Bun with	Ham & Cheese Sandwich	Rib-B-Que on Bun w/ Pickle		
Lettuce, and Tomato & Pickle	Baby carrots w/ dip	Apple Cole Slaw		
Potato Wedges	Frozen Fruit Juice Bar	Fresh Fruit		
Fresh Fruit	Milk	Milk		
Milk				
Snack: Graham Crackers & Milk	Snack: Cheeto Cheese Curls & Juice	Snack: Doritos & Juice		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1-Jul	FRIDAY 2-Jul
			Hamburger Wrap w/ Pasta Salad Lettuce, and Tomato & Pickle	Cheese Pizza Garden Salad / Dressing PC
			Raw Veggies w/ Dip	Pineapple Tidbits
			Fresh Fruit	Milk & Cookie
			Milk	
			Snack: Fruit Delight & Juice	Snack: PB Crackers & Milk
5-Jul	6-Jul	7-Jul	8-Jul	9-Jul
	Corn Dog	Turkey Hoagie	Chicken Nuggets	Beanie Weenies
	Potato Wedges	Baby carrots w/ dip	Mashed Potatoes- Ranch	Beans w/ Sauce
HOLIDAY	Grapes	Frozen Fruit Juice Bar	Roll	Breadstick
	Milk	Milk	Fresh Fruit	Orange Wedges
			Milk	Milk
	Snack: Pretzels & Juice	Snack: Fudge filled Cookies (2) & Juice	Snack: Cereal & Milk	Snack: Goldfish Giant Graham & Juice
12-Jul	13-Jul	14-Jul	15-Jul	16-Jul
Cheesburger on Bun with Lettuce, and Tomato & Pickle	Ham Cheese Sandwich	Ravioli	Chicken Patty on Bun	Hot Dog with Bun
Potato Wedges	Baby carrots w/ dip	Garden Salad / Dressing PC	Lettuce, and Tomato & Pickle	Baked Beans
Fresh Fruit	Frozen Fruit Juice Bar	Breadstick	Raw Veggies w/ Dip	Fresh Fruit
Milk	Milk	Fresh Fruit	Mixed Fruit	Milk
		Milk	Milk	
Snack: Cheese Crackers w/ Cheese & Milk	Snack: Cheddar Goldfish & Juice	Snack: Oatmeal cream filled Cookies (2) & Juice	Snack: Sun Chips & Juice	Snack: Pop Tart & Milk
19-Jul	20-Jul	21-Jul	22-Jul	23-Jul
Cheese Pizza	Chicken Wrap w/ Pasta Salad	Rib-B-Que on Bun w/ Pickle	Chicken Nuggets	Beanie Weenies
Garden Salad / Dressing PC	Baby carrots w/ dip	Potato Wedges	Mashed Potatoes- Ranch	Beans w/ Sauce
Pineapple Tidbits	Frozen Fruit Juice Bar	Fresh Fruit	Roll	Breadstick
Milk & Cookie	Milk	Milk	Fresh Fruit	Orange Wedges
			Milk	Milk
Snack: Graham Crackers & Milk	Snack: Cheeto Cheese Curls & Juice	Snack: Doritos & Juice	Snack: Fruit Delight & Juice	Snack: PB Crackers & Milk
26-Jul	27-Jul	28-Jul	29-Jul	30-Jul
Hamburger on Bun with Lettuce, and Tomato & Pickle	Ravioli	Ham Cheese Sandwich	Chicken Patty on Bun	Hot Dog with Bun
Potato Wedges	Garden Salad / Dressing PC	Baby carrots w/ dip	Lettuce, and Tomato & Pickle	Baked Beans
Fresh Fruit	Breadstick	Frozen Fruit Juice Bar	Corn Cobbette	Fresh Fruit
Milk	Fresh Fruit	Milk	Mixed Fruit	Milk
	Milk		Milk	
Snack: Pretzels & Juice	Snack: Fudge filled Cookies (2) & Juice	Snack: Cereal & Milk	Snack: Goldfish Giant Graham & Juice	Snack: Cheese Crackers w/ Cheese & Milk
Field Trip Menu	Alternate Snacks:	Alternate Menu		
Deli or PB&J Sandwich	Fresh Fruit & Milk OR	Chicken Hot Dog OR	Fruit juice may include:	Raw veggies may include: carrots,
Baby Carrots w/ Dip	PB Malt crackers & Juice OR	Cheese Or PB&J Sandwich	apple, orange or grape	celery, squash (Zuchanni or Summer),
Fruit Juice	Cheese or PB&J Sandwich & Juice	OR		cherry tomatoes or cucumbers
Milk		Veggie Wrap	Fresh fruit may include: apple,	Canned fruit may include:
		Baby Carrots w Dip	honeydew, canteloupe, watermelon,	apples, pears, peaches, pineapple,
		Fruit Juice	orange, kiwi, banana, plum, peach, pear	mixed fruit, or applesauce
Note: place in plastic lunch bags.		Milk	Strawberries or grapes	IW Cheese may include: string,
> 25 can be bulk delivery			Alternate Vegetable: Tossed Salad	cheddar or colby.



MEALS PROGRAM
MUSCOGEE COUNTY BOARD OF EDUCATION
SCHOOL NUTRITION PROGRAM



MEALS WILL BE SERVED MONDAY-FRIDAY AT NO CHARGE
TO CHILDREN 18 YEARS AND YOUNGER
June 1 through July 30, 2010
(closed Monday July 5)

Please contact the School Nutrition Office for the location nearest you at 706-748-2386.

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