

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

Important!

Check Writing Procedure Effective February 1, 2006

The School Food Service Department has an agreement with Automated Check Recovery for the recovery of all returned checks.

The following information must be included on every check:

Pre-Printed Check Number
Full Name

Current Street Address
Home Telephone Number

If your bank returns your check unpaid, our bank will automatically forward the returned item to Automated Check Recovery for electronic re-presentation.

THESE CHECKS ARE NOT RETURNED TO THE SCHOOL.

Once these checks are debited from our account, we cannot accept re-payment for them. Automated Check Recovery will notify you in order to recover the face value of the check plus a state authorized recovery fee of \$30 per returned check. The face value of the check will be debited from your account electronically.

If you can prove the check was returned due to a bank error, documentation from your bank should be obtained and forwarded to Automated Check Recovery within 30 days of receipt of notification.



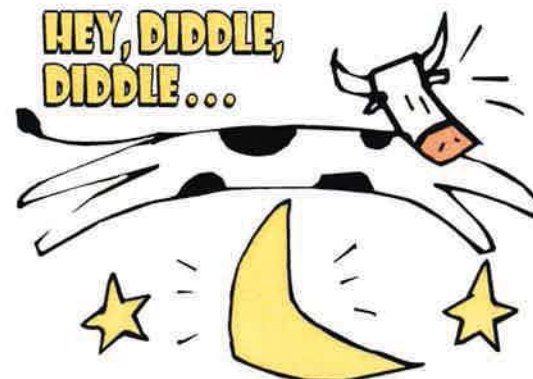
SURF OVER TO

http://www.schoolmenus.org/Johnson_City.htm

Available Daily

Beginning in September, a second entrée choice will be available on most days. Check with your cafeteria manager for more information.

Menus may change due to unforeseen delivery or product availability



**CHOICE OF MILK SERVED WITH ALL COMPLETE MEALS:
LOWFAT CHOCOLATE
LOWFAT WHITE, NONFAT WHITE**

Monday, Aug. 3

Breakfast
Cinnamon Toast
Assorted Cereal
Juice, Milk

Lunch
Taco Soup, Salsa
Blue Chips
Choice of Two:
Tossed Salad,
Applesauce, Fresh Fruit,
Juice
Milk, Dessert

Educare Snack:
Turkey/Cheese Mini, Juice

Tuesday, Aug. 4

Breakfast
Yogurt
Assorted Cereal
Juice, Milk

Lunch
Chicken Teriyaki
Egg Roll, Rice
Choice of Two:
Steamed Broccoli, Tossed
Salad, Applesauce, Fresh
Fruit, Juice
Milk

Educare Snack:
Dolphin Crackers, Apple, Juice

Wed., Aug. 5



In-service Day

Thursday, Aug. 6

Breakfast
Pancakes, syrup
Assorted Cereal
Juice, Milk

Lunch
Pasta with Meat Sauce
Cheese Bread Stick
Choice of Two:
Green Beans, Tossed
Salad,
Applesauce, Fruit, Juice
Milk

Educare Snack:
Cereal, Milk

Friday, Aug. 7

Breakfast
Cheese Toast
Assorted Cereal
Juice, Milk

Lunch
Hamburger, trimmings
Bun, Doritos
Choice of Two:
Corn, Applesauce, Tossed
Salad,
Fresh Fruit, Juice
Milk

Educare Snack:
Graham Snacks, Yogurt

Monday, Aug. 10

Breakfast
French Toast, Syrup
Assorted Cereal
Juice, Milk

Lunch
Pork BBQ
Bun, Slaw
Choice of Two:
Potato Rounds, Tossed
Salad, Fresh Fruit, Juice
Milk

Educare Snack:
Small Pizza, Juice

Tuesday, Aug. 11

Breakfast
Biscuit/Jelly
Assorted Cereal
Juice, Milk

Lunch
Breaded Chicken
WW Roll
Choice of Two:
Mashed Potatoes, Tossed
Salad, Applesauce, Fresh
Fruit, Juice
Milk

Educare Snack:
Chicken Biscuit, Juice

Wed., Aug. 12

Breakfast
Cinnamon Roll
Assorted Cereal
Juice, Milk

Lunch
Deli Turkey Wrap,
trimmings, Chips
Choice of Two:
Pasta Salad, Applesauce,
Tossed Salad, Fresh Fruit,
Juice
Milk

Educare Snack:
Cheese Toast, Juice

Thursday, Aug. 13

Breakfast
Egg/Cheese Muffin
Assorted Cereal
Juice, Milk

Lunch
Popcorn Chicken
WW Roll
Choice of Two:
Green Peas, Applesauce,
Tossed Salad, Fruit, Juice
Milk

Educare Snack:
Cereal Treat, Milk

Friday, Aug. 14

Breakfast
Muffin
Assorted Cereal
Juice, Milk

Lunch
Cheese Omelet
French Toast Sticks, syrup
Choice of Two:
Cooked Apples, Tossed
Salad, Fresh Fruit, Juice
Milk

Educare Snack:
Chicken Salad Wrap, Juice