

# Safe Harbor Academy

## Breakfast Menu 2018/2019

**Meal Prices:**  
 Paid: \$1.55  
 Reduced: \$.30  
 Free- No Cost  
 Adult: \$2.50

Every breakfast includes choice of low fat milk, fresh fruit, whole grains, protein rich options, 100% fruit juice.

	Mon.	Tues.	Wed.	Thurs.	Fri.
Wk 1	Sausage Egg & Cheese Biscuit	Bacon Egg & Cheese Croissant	Chicken Croissant	Sausage Egg & cheese Biscuit	Bacon Breakfast Pizza
Wk 2	Sausage Egg & Cheese Biscuit	Bacon Egg & Cheese Croissant	Chicken Croissant	Sausage Egg & cheese Biscuit	Ham & Pepper jack Croissant
Wk 3	Sausage Egg & Cheese Biscuit	Bacon Egg & Cheese Croissant	Chicken Croissant	Sausage Egg & cheese Biscuit	Bacon Breakfast Pizza



Students who eat breakfast have improved memory, problem-solving skills, verbal fluency and creative abilities.

Choice of WG Pop Tart or Cereal & Toast Daily

Menus will change due to seasonal availability & student preferences.  
 Please go to WC Schools Food Service Website for full menu with nutritional data and images:  
<http://www.woodford.kyschools.us/content/18>



SH Food Service Manager:  
 Patricia O’Nan  
 patricia.onan@woodford.kyschools.us  
 (859) 879-4657 ext. 5941

We value locally-sourced, fresh, high quality, minimally processed foods.  
 Our passion & commitment is to  
 “Feed Woodford County’s Future”

“The USDA is an equal opportunity provider & employer”

August					September					October					November					December					January					February					March					April					May																																																																															
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F																																																																											
6	7	8	9	10	3	4	5	6	7	1	2	3	4	5	5	6	7	8	9	3	4	5	6	7	7	8	9	10	11	4	5	6	7	8	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10	13	14	15	16	17	13	14	15	16	17	20	21	22	23	24	20	21	22	23	24	27	28	29	30	31	24	25	26	27	28	29	30	31	1	2	26	27	28	29	30	3	4	5	6	7	28	29	30	31	1	25	26	27	28	29	29	30	1	2	3	22	23	24	25	26	22	23	24	25	26	29	30	1	2	3

**Meal Prices:**  
 Paid: \$3.00  
 Reduced: \$.40  
 Free- No Cost  
 Adult: \$4.00

	Mon.	Tues.	Wed.	Thurs.	Fri.
<b>Wk 1</b>	Salisbury Steak w/ brown gravy Mashed Potato, Broccoli Sweet Yeast Roll	Chicken or Beef Soft Tacos corn/ refried beans Mexican Fiesta Rice	Little Caesar's Pizza Pizza! Carnival Cookie BLT Salad Celery Sticks w/ Hidden Valley cup	Mandarin or Sriracha Chicken Egg Roll/ Fried Rice Snap Peas/ Baby carrots Fortune Cookie	Spaghetti w/ Meatballs Cheesy Breadstick Celery & carrot Sticks w/ Hidden Valley cup
<b>Wk 2</b>	Hamburger w/ Fresh veggie toppings Smiley fries, Broccoli	Beef or Chicken Nachos Top n Go Doritos or Tostitos w/ Jalapeno Queso corn/ refried beans	Chicken Tenders Basket Mashed Potatoes/ Corn Sweet Yeast Roll Carnival Cookie	Ballpark Hot Dog Chili & cheese Crispy Fries Baby Carrots w/ Hidden Valley cup	French Bread Pizza Celery & carrot Sticks w/ Hidden Valley cup
<b>Wk 3</b>	Big Daddy Pizza w/ Buffalo Chicken Woodford Salad Roasted Broccoli	Spicy or MILD Chicken Patty w/ Fresh veggie toppings crispy fries Patty's Baked Beans	Mini Corn Dogs Curly Fries BLT Salad Carnival Cookie	Chicken or Cheese Quesadilla Woodford Salad Baby Carrots w/ Hidden Valley cup	My-Way Substation Bar w/ Fresh veggie toppings Celery & carrot Sticks w/ Hidden Valley cup
Daily Side Options	Flavored Applesauce Orange Wedges	Apple Slices Sweet Pineapple Chunks	Flavored Applesauce Strawberry Craisins	Banana Farm- Fresh Fruit Salad	Fun- flavored Applesauce <b>TRY DAY FRIDAY FRUIT!</b> (Try a new fruit on Fridays!)

Each Meal option includes choice of low fat milk, fresh fruits/vegetables, whole grains & lean protein-rich options.

"The USDA is an equal opportunity provider & employer"

May				
M	T	W	Th	F
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24

August					September					October					November					December					January					February					March					April				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
6	7	8	9	10	3	4	5	6	7	1	2	3	4	5	5	6	7	8	9	3	4	5	6	7	7	8	9	10	11	4	5	6	7	8	4	5	6	7	8	8	9	10	11	12
13	14	15	16	17	10	11	12	13	14	15	16	17	18	19	12	13	14	15	16	10	11	12	13	14	14	15	16	17	18	11	12	13	14	15	11	12	13	14	15	15	16	17	18	19
20	21	22	23	24	17	18	19	20	21	22	23	24	25	26	19	20	21	22	23	17	18	19	20	21	21	22	23	24	25	18	19	20	21	22	18	19	20	21	22	22	21	22	23	24
27	28	29	30	31	24	25	26	27	28	29	30	31	1	2	26	27	28	29	30				3	4	28	29	30	31	1	25	26	27	28	1	25	26	27	28	29	29	30	1	2	3