

In order to comply with the United States Department of Agriculture (USDA) standards and nutritional analyses, the School Nutrition Program at Rome Middle School will participate in a five (5) day cycle menu for both breakfast and lunch.

The nutritional information for each of these ten menus is available through the Rome City Schools' School Nutrition Office. If you would like this information or have any questions concerning the School Nutrition Program, please contact :

Dr. Barbara Carter  
SNP Director  
Rome City Schools  
508 East Second Street  
Rome, Georgia 30161  
706-236-5050.

Menus may vary due to availability of food products. For any nutritional information not included in this packet, please contact Dr. Carter at the address above.

Foreign food fare, festivals, and special holidays will be at the manager's discretion.

Rome Middle School  
1020 Veterans Memorial Hwy.  
Rome, Georgia 30161  
706-235-4695

Superintendent:  
Dr. Gayland Cooper

Principal:  
Robert W. Costley

School Nutrition Manager:  
Cristal Vaughn

In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age, sex, religion, or disability. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

# **Breakfast and Lunch Menus**

**Rome Middle School  
2007-2008**

# BREAKFAST

## Monday:

Breakfast Pizza **or**  
Pancake with Syrup **or**  
Ready-To-Eat-Cereal  
**and**  
Seasonal Fresh Fruit

## Tuesday:

Waffles with Syrup **or**  
Ready-To-Eat-Cereal **or**  
2 Slices of Cinnamon Toast  
**and**  
Delicious Fruit Juice

## Wednesday:

Sausage or Ham Biscuit **or**  
Local Special **or**  
Ready-To-Eat-Cereal  
**and**  
Seasonal Fresh Fruit

## Thursday:

Cinnamon Bun **or** Otis Muffins **or**  
Ready-To-Eat-Cereal  
**and**  
Delicious Fruit Juice

## Friday:

Pancake-On-A-Stick **or**  
Ready-To-Eat-Cereal **or**  
Toasted Cheese Sandwich  
**and**  
Seasonal Fresh Fruit

Choice of milk with every meal

# LUNCH

## Roman Holiday Fare

### Monday:

Spaghetti or Lasagna  
w/Meat Sauce, **or**  
Baked Ham

### Tuesday:

Taco Salad/Cornbread  
**or**  
Alternate Choice

### Wednesday:

Chili with Cheese Bun  
**or**  
Chicken Patty

### Thursday:

Fried or Baked Chicken  
**or**  
Fish Fillet Nuggets

### Friday:

Country Fried Steak with  
Mashed Potatoes and Gravy  
**or**  
Chicken Fingers

## Deli Stop

Cheeseburger on a bun **or**  
Corndog with roll

BBQ Sandwich **or**  
Chicken Sandwich

Hotdog with Chili **or**  
Chili Cheese Nachos

Hamburger on a bun **or**  
Hot Ham & Cheese  
Sandwich

BBQ Ribs on a bun **or**  
Hotdog on a bun

## Global Fare

Pizza by the slice, **or**  
Chicken Fajitas

Pizza by the slice **or**  
Popcorn Shrimp **or**  
Alternate Choice

Pizza by the slice **or**  
Popcorn Chicken

Pizza by the slice **or**  
Nachos with  
Cheese Sauce

Pizza by the slice **or**  
Burritos w/cheese

**Wolf Cart ...** Grab & Go  
Chef Salad **or** Sub Sandwich

Choice of 2 vegetables  
with every meal  
Choice of milk with every meal