

Covington County Schools

CCS Lunch Menu Gr. K-8

Aug 3, 2016

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Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 9/5/2016 HOLIDAY	Tue - 9/6/2016 BARBECUE CHICKEN BREAST TUNA SALAD SANDWICH WHOLE WHEAT ROLL Green Lima Beans BROCCOLI AND CHEESE ORANGES HALVES Milk Variety	Wed - 9/7/2016 Hamburger Steak w/ Gravy TURKEY SANDWICH WHOLE WHEAT ROLL PARSLEY POTATOES CARROTS Pineapple Tidbits Milk Variety KETCHUP CHOCOLATE CAKE	Thu - 9/8/2016 BAKED PORK CHOP TUNA SALAD SANDWICH HUSHPUPPIES BAKED SWEET POTATO BAKED BEANS FRUIT COCKTAIL Milk Variety KETCHUP	Fri - 9/9/2016 BARBECUE BAKED POTATO Whole Wheat Breadstick Whole Kernel Corn TURNIPS BANANAS Milk Variety
Mon - 9/12/2016 STUFFED CHEESE PIZZA Ham & Cheese Sandwich CALIFORNIA MIXED VEGETABLES TOSSED SALAD FRUIT COCKTAIL Milk Variety VANILLA PUDDING	Tue - 9/13/2016 CHICKEN FILLET Ham Sandwich LETTUCE & TOMATO Green Lima Beans Fries, Sweet Potato ORANGE HALVES Individual mayonnaise KETCHUP Milk Variety	Wed - 9/14/2016 TACO SALAD TURKEY SANDWICH Whole Kernel Corn CARROT STICKS Pineapple Tidbits Milk Variety Ranch Dressing	Thu - 9/15/2016 Ranch Baked Chicken TURKEY & CHEESE SANDWICH WHOLE WHEAT ROLL BLACKEYE PEAS Greens, Collard, Chopped, FZN Pears, Sliced canned Milk Variety Cookie, Sugar	Fri - 9/16/2016 LASAGNA WHOLE WHEAT ROLL ROMAINE SALAD Green Beans, Italian Cut APPLESAUCE, SWEETENED Milk Variety Ranch Dressing
Mon - 9/19/2016 CHICKEN FAJITA WRAP CHICKEN SALAD SANDWICH Corn Nuggets, FZN GREEN BEANS Sliced Peaches Milk Variety SALSA	Tue - 9/20/2016 STEAK SANDWICH CHICKEN SALAD SANDWICH CARROTS PARSLEY POTATOES PEARS Milk Variety	Wed - 9/21/2016 Pizza, Pepperoni 4 x 6, WG CHICKEN SALAD SANDWICH BROCCOLI Whole Kernel Corn BANANAS Milk Variety	Thu - 9/22/2016 CHICKEN NUGGETS Ham Sandwich HUSHPUPPIES SWEET POTATOES TURNIPS FRUIT COCKTAIL Milk Variety	Fri - 9/23/2016 HOT DOG ON A BUN BAKED BEANS TOSSED SALAD ORANGE HALVES Milk Variety KETCHUP Individual mayonnaise MUSTARD

N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

- denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 9/26/2016 Burrito, Beef & Bean bulk TURKEY SANDWICH Green Lima Beans Whole Kernel Corn Sliced Peaches Milk Variety SALSA - PURCHASED SUGAR COOKIE	Tue - 9/27/2016 NACHOS WITH GROUND BEEF TUNA SALAD SANDWICH TORTILLA CHIPS Sliced Carrots TOSSED SALAD APPLE QUARTERS Milk Variety	Wed - 9/28/2016 CHICKEN TERIYAKI TURKEY SANDWICH BROWN RICE BROCCOLI CORN ON THE COB WHOLE WHEAT ROLL FRUIT COCKTAIL Milk Variety	Thu - 9/29/2016 HAM, BAKED TUNA SALAD SANDWICH TURNIPS BLACKKEY PEAS MACARONI AND CHEESE CRACKERS, CHOCOLATE GRAHA BANANAS Milk Variety	Fri - 9/30/2016 BUFFALO CHICKEN DIP/CHIP ROMANINE SALAD Green Beans, Italian Cut Mandarin Oranges Milk Variety Ranch Dressing

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