

Saraland High School

September 2018



Breakfast

- 4th Sausage Biscuit
- 5th Grits, Pancake on a stick
- 6th Sausage Biscuit
- 7th Smoothie, Breakfast Pizza
- 10th Pancakes, Sausage
- 11th Sausage Biscuit
- 12th Grits, Omelet, Biscuit
- 13th Sausage Biscuit
- 14th Grits, Breakfast Pizza
- 17th Waffles, Sausage
- 18th Sausage Biscuit
- 19th Grits, Bacon, Egg, Toast
- 20th Sausage Biscuit
- 21st Yogurt, Breakfast Pizza
- 24th French Toast, Sausage
- 25th Sausage Biscuit
- 26th Grits, Omelet, Biscuit
- 27th Sausage Biscuit
- 28th Grits, Breakfast Pizza

Mon	Tue	Wed	Thu	Fri
3	4 Chicken Bites, Green Beans, Baby Bakers, Roll, Fresh Veggies	5 Hamburger, Baked Beans, Oven Potatoes, Lettuce, Pickles, Tomatoes	6 Salisbury Steak, Cream Potatoes, Gravy, Green Beans, Fresh Veggies	7 Chicken Sandwich, Broccoli w/ Cheese, Chips
10 Chili Crispitos w/ Cheese, Corn, Black Beans, Lettuce, Tomatoes	11 Pizza, Broccoli w/ Cheese, Fresh Veggies, Brownie	12 Hot Dog w/ Chili, Baked Beans, Chips, Slaw, Fresh Veggies	13 Nachos w/ Cheese, Corn, Black Beans, Lettuce, Tomatoes	14 Gumbo w/ Rice or Corndog, Corn, Potato Salad, Cinnamon Bun
17 Chicken Bites, Green Beans, Fresh Veggies, Cookie	18 Beef Tips, Cream Potatoes, Peas, Cornbread Fresh Veggies	19 Pizza, Corn, Fresh Veggies, Brownie	20 Chicken Tetrazzini, Green Beans, Roll, Fresh Veggies	21 Hamburger, Baked Beans, Chips, Lettuce, Tomatoes
24 Chicken Sandwich, Broccoli, Oven Potatoes, Fresh Veggies	25 Hot Dog w/ Chili, Baked Beans, Chips, Slaw, Fresh Veggies	26 Chili Crispitos w/ Cheese, Corn, Lettuce, Tomatoes, Sour Cream	27 Chicken Alfredo, Broccoli, Roll, Cookie, Fresh Veggies	28 Nachos w/ Cheese, Corn, Black Beans, Lettuce, Tomatoes

Offered daily with meals:
 Cereal & Toast with Breakfast
 Lunch & Breakfast — Low-Fat or Skim, Flavored or Unflavored Milk
 Lunch — Mixed Green Salad
 Alternate Lunch Meal — Chef Salad
 Fruit & Juice served daily

Menu subject to change due to deliveries