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E/M Schools Fruit Juice served Tuesday & Thursday
 High Schools Fruit Juice served daily
 Fresh or Canned Fruit served daily with each meal
 Unflavored low fat milk served daily with each meal



Monday

Tuesday

Wednesday

Thursday

Friday



3A: Chili Crispito or Pizza
 Cheese/Sour Cream/Taco Sauce
 Romaine Salad
 Broccoli or Salad
 Corn or Corn Nuggets

3B: Hot Dog or Corn Dog
 Chili/Cheese Ketchup/Mustard
 Coleslaw
 Baked Beans

3C: Chicken Jambalaya or
 Red Beans Sausage & Rice
 Salad or Broccoli
 Roll
 WG Sugar Cookie, Rice Crispy treat, etc.

3D: Oven Roasted Chicken
 Green Beans or Sweet Peas
 Yams or Sweet Potatoes
 Roll or Biscuit

3E: Hamburger
 Cheese/Lettuce/Tomatoes
 Pickles/Ketchup/mayo/Mustard
 Fries or other potatoes
 Carrots

4A: Asian Chicken or other
 Chicken Option
 Fried Rice
 Broccoli
 Vegetable Egg Roll

4B: Sloppy Joe w/Cheese Option
 Or Cheeseburger
 Lettuce/Tomato (Optional)
 Fries*
 Baked Beans
 Sugar Cookie or Rice Crispy Treat

4C: Chicken Patty, Fish Square or
 Fish Nuggets
 Hamburger Bun or Hush Puppies
 Cole Slaw
 Fries* Tartar Sauce
 Cheese/Lettuce/Tomato

4D: Lasagna, Spaghetti,
 Or Meatball Sub
 Green Beans
 Salad
 Breadstick or Roll

4E: Steak or Chicken Nuggets
 Mashed Potatoes or Fries
 Sweet Peas & Carrots or Mixed Veggies
 Biscuit or Roll

5A: Chicken Pot Pie or
 Chicken Alfredo*
 Green Beans or Lima Beans*
 Yams or Sweet potatoes
 Roll or Breadstick

5B: (Hot) Chicken Wings
 Potato Salad or Fries
 Turnip/Collards or Romaine Salad
 Celery Sticks (Optional)
 Cornbread, Hushpuppies or Roll

5C: Bacon Potato, Chicken or
 Beef Vegetable or Gumbo*
 Salad
 Mozzarella Cheese Sticks or Breadstick
 Brown Rice*

5D: BBQ Beef or Pork Patty
 Hamburger Bun
 Baked Bans
 Carrots or Sweet Potato Fries
 Chips

5E: Chicken Chili Crispito or Pizza
 Black or Pinto Beans
 Corn or Corn Nuggets
 Salad
 Sugar Cookie or Brownie

1A: Chicken Nuggets, Bites or
 Tenderloins
 Green Beans
 Mac & Cheese
 Salad
 Biscuit or Roll

