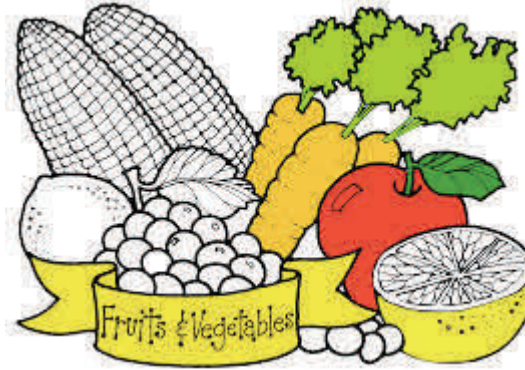


September 2014 Saraland City Schools



Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day	2 Hot Dog, Oven Fries, Baked Beans, Fresh Carrots, Brownie	3 Nachos, Corn, Black Beans, Lettuce, Tomatoes, Taco Sauce, Sour Cream	4 Deli Sandwich, Lettuce, Tomatoes, Pickles, Baked Chips, Steamed Broccoli, Fresh Carrots & Celery and Dip	5 Gumbo or Corndog Rice, Potato Salad, Bake Beans, Ketchup, Crackers, Hot Sauce
8 Chicken Nuggets, Baby Lima Beans, Mac & Cheese, Cornbread	9 BBQ Rib Portion on a Bun, Sweet Potato Fries, Baked Beans, Pickles, Coleslaw	10 Salisbury Steak, Creamed Potatoes, Black Eyed Peas, Fresh Broccoli and Celery and Dip	11 Spaghetti, Green Beans, Steamed Carrots, Garlic Bread Stick	12 Pizza, Steamed Broccoli, Steamed Carrots, Oatmeal Cookie
15 Hamburger, Oven Fries, Steamed California Mixed Veggies, Lettuce, Tomatoes, Pickles	16 Chicken Sandwich, Sweet Potato Fries, Steamed Broccoli, Lettuce, Tomatoes, Pickles	17 Chili Crispito, Steamed Corn, Black Beans, Taco Sauce, Sour Cream, Lettuce and Tomatoes	18 Baked Chicken, Green Beans, Baby Baked Potatoes, Roll	19 Hot Dog, Slaw, Steamed Broccoli, Baked Chips, Fresh Carrots & Celery and Dip
22 Pizza, Steamed Broccoli, Steamed Carrots, Brownie	23 Hamburger, Sweet Potato Fries, Green Beans, Lettuce, Tomatoes, Pickles	24 Chicken Sandwich, Oven Fries, Steamed California Mixed Veggies, Lettuce, Tomatoes, Fresh Carrots	25 Shepherd's Pie, English Peas, Steamed Carrots, Roll	26 Taco Soup, Chips, Sour Cream, Taco Sauce, Lettuce, Tomatoes, Sour Cream
29 Chicken Nuggets, Mac & Cheese, Green Beans, Roll	30 Nachos, Steamed Corn, Black Bean, Lettuce, Tomatoes, Taco Sauce, Sour Cream	Pizza, Steamed Carrots, Steamed Broccoli, Muffin	Chicken Tetrizzini, Green Beans, Steamed Carrots, Roll	Gumbo or Corndog, Rice, Potato Salad, Bake Beans, Ketchup, Crackers, Hot Sauce, Cinnamon Bun

Breakfast

- 2nd Ham & Egg Croissant
- 3rd Hot Cereal, Muffin
(2) Sausage Links
- 4th Chicken Biscuit
- 5th Smoothie, Breakfast Pizza
- 8th Pancake, (2) Sausage Links
- 9th Sausage Biscuit
- 10th Hot Cereal, Ham, Croissant
- 11th Chicken Biscuit
- 12th Yogurt Parfait, Pop Tart
- 16th French Toast Sticks, (2) Sausage Links
- 17th Hot Cereal, Breakfast Pizza
- 18th Chicken Biscuit
- 19th Smoothie, Breakfast Bagel
- 22nd Pancake on Stick,
(2) Sausage Links
- 23rd Sausage Biscuit
- 24th Hot Cereal, Scramble Eggs
Cheese Toast
- 25th Chicken Biscuit
- 26th Yogurt Parfait, Pop Tart
- 29th Pancake, (2) Sausage Links
- 30th Sausage Biscuit
- 1st Hot Cereal, (2) Sausage Links, Croissant
- 2nd Chicken Biscuit
- 3rd Smoothie, Breakfast Bagel

*WG-Whole Grain

*WW-Whole Wheat

All items subject to change due to deliveries and commodity availability

Offered Daily with Meal: Cereal & Toast with Breakfast; Mixed Green Salad with Lunch; Low-fat or Skim / Flavored or Unflavored milk with Breakfast & Lunch
Offered Daily as optional Lunch Meal: Chef Salad

This institution is an equal opportunity provider.

