


Baker County K-12 Lunch Menu

September 2019

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL LABOR DAY	3 Sliced Pineapples Cheeseburger or Meatballs Baked Chips Broccoli w/ Cheese Choice of Milk	4 Tropical Fruit cups Salisbury Steak w/ Gravy Green Beans Mashed Potatoes Dinner Wheat Rolls Choice of Milk	5 Fresh Fruit Beef Spaghetti Steamed Corn Tossed Salad Choice of Milk	6 Fresh Assorted Whole Apples Deli Turkey / Cheese Subs Fresh Carrots w/ Ranch Baby Lima Beans Choice of Milk
9 Fresh Fruit Breaded Fried Chicken Green Beans Yam Patties Choice of Milk	10 Fresh Fruit Chicken Tenders Curly Fries Peas/Carrots Choice of Milk	11 Fresh Fruit Beef Nuggets w/ Sauce Black Eye Peas Creamy Potatoes Choice of Milk	12 Fresh Orange Slices Chicken Fajita w/ Soft Shell Lettuce, Tomato, Cheese Steamed Carrots Choice of Milk	Fish Friday! Fresh Red Apples Fish Sticks w/ Hushpuppies Coleslaw Curly Fries Choice of Milk
16 Fresh Apple Slices Chicken Sandwich French Fries Green Beans Choice of Milk	17 Fresh Fruit Meatball w/ cheese Deli Sub Lettuce, Tomato, Pickle, Baked Chips Fresh Carrots Choice of Milk	18 Fresh Whole Apples Grilled Cheese French Fries Steamed Broccoli w/ cheese Choice of Milk	19 Assorted Fresh Fruit Beef & Nachos Baked Chips Tossed Salad Choice of Milk	20 Grandparents Day! Fresh Fruit Roasted Chicken Steamed Broccoli w/ cheese Rice Pilaf / Breadsticks Choice of Milk
23 Fresh Fruit Beef Burger French Fries Leaf Lettuce/ Sliced Tomato Choice of Milk	24 Fresh Whole Apples BBQ Pork Sandwich Sweet Potato Waffle Fries Italian Beans Choice of Milk	25 Fresh Assorted Fruit Breaded Fried Chicken Collard Greens Yam Patty / Cornbread Choice of Milk	26 Diced Peaches Philly Beef Steak w/ cheese Sub Curly Fries Fresh Carrot Sticks w/ ranch Choice of Milk	27 Fresh Grapes Beef Hot Dog WG/Bun Baked Chips Steamed Broccoli Choice of Milk
30 Tropical Fruit cups Beef Meatballs Brown Rice Sweet Corn Choice of Milk		*Menus are Subject to Change*	Lunch is provided at no charge for every student. We encourage everyone to eat a healthy lunch. Adult lunch price-\$3.00	Choice of Milk served with all meals everyday Low-fat (1% or less, unflavored only or fat free unflavored or flavored 

BCS Bear Café' Teachers Bar / Daily choice of hot bar meal or Fresh salad bar both w fruit Tea or Lemonade for \$3.00 Option to purchase individual choices off daily menu and \$1 Tea or Lemonade / Complimentary water served daily