



AUGUST | 2017

Russellville School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<h1>Welcome Back</h1>				
7 BREAKFAST Sausage Biscuit or Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st Pizza 2 nd Ham & Cheese Wrap Corn, Green Beans, Veggie Bar, Applesauce or Fresh Fruit or Juice, Milk	8 BREAKFAST Pop Tarts or Bacon Biscuit or Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st Beef Teriyaki 2 nd Cherry Blossom Chicken Veg Egg Roll, Fried Rice, Glazed Carrots, Veggie Bar, Pears / Fresh Fruit / Juice, Milk	9 BREAKFAST Chicken Biscuit or Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st Cheesy Breadsticks w/sauce 2 nd Popcorn Chicken/Toast Mashed Potatoes, Veggie Bar, Broccoli/Cheese, Mandarin Oranges or Fruit or Juice, Milk	10 BREAKFAST Breakfast Pizza or Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st BBQ Chicken on Bun 2 nd Bacon Burger on Bun French Fries, Baked Beans, Let/Tom/Pickles, Baked Apples, Fruit or Juice, Milk	11 BREAKFAST Biscuit/Gravy or Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st Fish Sticks/Hushpuppies 2 nd Corn Dog Nuggets Potato Wedges, Pinto Beans, Veggie Bar, Peaches or Fresh Fruit or Juice, Milk
14 BREAKFAST Chicken Biscuit or Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st Cheese Quesadilla 2 nd BBQ Nachos/Tortilla Chips Corn, Salsa, Refried Beans, Veggie Bar, Pears or Fresh Fruit or Juice, Milk	15 BREAKFAST Funnel Cake or Steak Biscuit Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st Baked Ham 2 nd Chicken Tenders Whole Potatoes, California Veg Baked Apples, Veggie Bar, Fruit Choice, Juice, Milk	16 BREAKFAST Sausage Biscuit or Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st Bacon Burger on Bun 2 nd Hot Dog (Plain) on Bun Chili, French Fries, Baked Beans, Veggie Bar, Let/Tom/Pic Applesauce, Fruit or Juice, Milk	17 BREAKFAST Waffles or Breakfast Pizza, Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st Spaghetti w/Meat Sauce 2 nd Ravioli Garlic Toast, Green Beans, Glazed Carrots, Veggie Bar, Peaches or Fruit or Juice, Milk	18 BREAKFAST Biscuit/Gravy or Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st Meatloaf 2 nd Popcorn Chicken Mashed Potatoes, Peas, Roll, Veggie Bar, Fresh Fruit or Mixed Fruit or Juice, Milk
21 NO SCHOOL	22 BREAKFAST Cinnamon Roll or Sausage Biscuit, Cereal, Fruit, Juice, Milk LUNCH 1 st Crispy Chicken on Bun 2 nd Bacon Burger on Bun Smiley Fries, Baked Beans, Let/Tom/Pickles, Veggie Bar, Baked Apples, Fruit Juice Milk	23 BREAKFAST Chicken Biscuit or Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st Baked Ham 2 nd Turkey w/Gravy Mashed Potatoes, Peas, Roll, Veggie Bar, Fresh Fruit or Pineapple or Juice, Milk	24 BREAKFAST Yogurt/ Muffin or Bacon Biscuit Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st Beef Teriyaki 2 nd Grilled Chicken Egg Roll, Fried Rice, Glazed Carrots, Veggie Bar, Fresh Fruit Pears or Juice, Milk	25 BREAKFAST Biscuit/Gravy or Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st Fish Sticks 2 nd Corn Dog Nuggets Hushpuppies, Pinto Beans, Mac/Cheese, Veggie Bar, Fruit Applesauce or Juice, Milk
28 BREAKFAST Sausage Biscuit or Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st Pizza 2 nd Chicken Sliders French Fries, Green Beans, Veggie Bar, Fresh Fruit or Mandarin Oranges, Juice, Milk	29 BREAKFAST Funnel Cake or Bacon/Egg Biscuit, Cereal, Fruit, Juice, Milk LUNCH 1 st BBQ on Bun 2 nd Hot Dog (Plain) on Bun Chili, Baked Beans, Waffle Fries, Slaw, Veggie Bar, Fresh Fruit, Applesauce, Juice, Milk	30 BREAKFAST Chicken Biscuit or Cereal, Fresh Fruit, Juice, Milk LUNCH 1 st Ravioli 2 nd Chicken Tenders Garlic Toast, California Veg, Corn, Veggie Bar, Fruit Choice, Juice, Milk	31 BREAKFAST Yogurt / Muffin or Steak Biscuit Cereal, Fresh Fruit, Juice, Milk BRUNCH FOR LUNCH 1 st Bacon w/Eggs 2 nd Sausage w/Eggs Gravy, Biscuit, Seasoned Potatoes, Baked Apples, Veggie Bar, Fresh Fruit, Juice, Milk	

News

Choice of One Entrée
Each meal must have a
Serving of fruit or vegetable
and at least 2
Other choices to be a
Complete meal.

Daily offerings include:
Fruit choices fresh veggie
Bar, 1% or fat-free Milk

Menus are subject to
Change without notice.

FREE BREAKFAST
TO ALL STUDENTS

Hamblen County is an equal
Opportunity provider & employer

According to federal law and
USDA policy this institution is
Prohibited from discrimination on
The bases of race, color, natural
Origin, sex, age, or disability. To
File complaint of discrimination
At <http://www.wisda.gov/complaint>
Filingcust.html or 866-632-9992