



SEPTEMBER | 2017

Russellville School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <u>BREAKFAST</u> Biscuit/Gravy or Cereal, Fresh Fruit, Juice, Milk <u>LUNCH</u> 1 st Meatloaf 2 nd Popcorn Chicken Mashed Potatoes, Peas, Veggie Bar, Roll, Fresh Fruit, Peaches Or Juice, Milk
4 NO SCHOOL	5 <u>BREAKFAST</u> French toast or Sausage/Biscuit Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1 st Pepperoni Pizza 2 nd Turkey Sandwich French Fries, Broccoli/Cheese, Veggie Bar, Applesauce, Fresh Fruit or Juice, Milk	6 <u>BREAKFAST</u> Breakfast Pizza or Cereal, Fresh Fruit, Juice, Milk <u>LUNCH</u> 1 st Chicken Casserole 2 nd Baked Ham Whole Potatoes, Green Beans, Veggie Bar, Roll, Baked Apples, Fresh Fruit or Juice, Milk	7 <u>BREAKFAST</u> Warm Donut or Steak Biscuit Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1 st Taco (Soft Shell) 2 nd Popcorn Chicken Lett/Tom/Cheese, Salsa, Corn, California Veg, Veggie Bar, Pineapple, Fruit or Juice, Milk	8 <u>BREAKFAST</u> Chicken Biscuit or Cereal, Fresh Fruit, Juice, Milk <u>LUNCH</u> 1 st 2- Cheeseburger Sliders 2 nd Fish/Hushpuppies Baked Beans, French Fries, Veggie Bar, Peaches, Fresh Fruit or Juice, Milk
11 <u>BREAKFAST</u> Cherry Fruedel or Chicken Biscuit, Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1 st Cheese Pizza 2 nd Turkey/Bacon/Ranch Wrap Carrots, Green Beans, Veggie Bar, Mandarin Oranges, Fresh Fruit or Juice, Milk	12 <u>BREAKFAST</u> Sausage Biscuit or Cereal, Fresh Fruit, Juice, Milk <u>LUNCH</u> 1 st Lasagna Roll 2 nd Popcorn Chicken Garlic Toast, Broccoli/Cheese, Corn, Veggie Bar, Pears, Fresh Fruit or Juice, Milk	13 <u>BREAKFAST</u> Gravy/Biscuit or Cereal, Fresh Fruit, Juice, Milk <u>LUNCH</u> 1 st Quesadilla 2 nd Chicken Fajita/ Soft Shell Lett/Tom/Cheese, Salsa Refried Beans, Veggie Bar, Mixed Fruit, Fresh Fruit or Juice, Milk	14 <u>BREAKFAST</u> Cini Mini or Bacon Biscuit or Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1 st Bacon Cheeseburger / Bun 2 nd Corn Dog Lettuce/Tomato/Pickle/Onion, Smiley Fries, Applesauce, Fresh Fruit or Juice, Milk	15 <u>BREAKFAST</u> Egg/Bacon Biscuit or Cereal or Funnel Cake, Fruit, Juice, Milk <u>LUNCH</u> 1 st Fish/Hushpuppies 2 nd Beef Nachos/Cheese Slaw, Baked Beans, Potato Wedges, Veggie Bar, Peaches, Fresh Fruit or Juice, Milk
18 <u>BREAKFAST</u> Waffle or Steak Biscuit or Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1 st Hot Dog (Plain) on Bun 2 nd 2- Mini Chicken Sliders Chili, Waffle Fries, Carrots, Veggie Bar, Pineapple or Fresh Fruit or Juice, Milk	19 <u>BREAKFAST</u> Sausage Biscuit or Cereal, Fresh Fruit, Juice, Milk <u>LUNCH</u> 1 st Spaghetti 2 nd Chicken Tenders Green Beans, Corn, Roll, Veggie Bar, Pears, Fresh Fruit or Juice, Milk	20 <u>BREAKFAST</u> Breakfast Pizza or Cereal, Fresh Fruit, Juice, Milk <u>BRUNCH FOR LUNCH</u> 1 st Egg Omelet/Bacon 2 nd Egg Omelet/Sausage Season Potatoes, Gravy, Baked Apples, Biscuit, Veggie Bar, Fresh Fruit or Juice, Milk	21 <u>BREAKFAST</u> Warm Donuts or Gravy Biscuit Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1 st Pepperoni Pizza (Big Daddy) 2 nd Hot Ham/Cheese Sandwich Smiley Fries, Broccoli/Cheese, Veggie Bar, Peaches, Fresh Fruit or Juice, Milk	22 <u>BREAKFAST</u> Chicken Biscuit or Cereal, Fresh Fruit, Juice, Milk <u>LUNCH</u> 1 st Hamburger on Bun 2 nd Mini Calzones Baked Beans, French Fries, Lett/Tom/Pickle/Onion, Mixed Fruit, Fresh Fruit or Juicer, Milk
25 <u>BREAKFAST</u> Cinnamon Roll or Sausage Biscuit, Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1 st Quesadilla 2 nd BBQ Pork Nachos/Queso Lettuce/Tomato, Salsa, Corn, Broccoli, Veggie Bar, Mandarin Oranges, Fruit or Juice, Milk	26 <u>BREAKFAST</u> Bacon/Egg Biscuit or Cereal, Fresh Fruit, Juice, Milk <u>LUNCH</u> 1 st Chicken Alfredo 2 nd Baked Ham Mashed Potatoes, Peas, Roll, Veggie Bar, Cinnamon Apples, Fresh Fruit or Juice, Milk	27 <u>BREAKFAST</u> Funnel Cake or Bacon Biscuit Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1 st Cheese Pizza 2 nd Grilled Chicken on Bun French Fries, Carrots, Veggie Bar, Pineapple, Fresh Fruit or Juice, Milk	28 <u>BREAKFAST</u> Yogurt/Mini Muffin or Cereal, Chicken Biscuit Fruit Juice Milk <u>LUNCH</u> 1 st Beef Dippers 2 nd Cherry Chicken Egg Roll, Green Beans, Fried Rice, Veggie Bar, Peaches, Fresh Fruit or Juice, Milk	29 <u>BREAKFAST</u> Biscuit/Gravy or Cereal, Fresh Fruit, Juice, Milk <u>LUNCH</u> 1 st Fish/Hushpuppies 2 nd Corn Dog Nuggets Pinto Beans, Greens, Mac/Cheese, Veggie Bar, Applesauce, Fruit or 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