



# SEPTEMBER | 2017

## HAMBLLEN COUNTY LUNCH

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
|  |  |  |   | 1 MEATLOAF OR<br>POPCORN CHICKEN<br>MASHED POTATOES<br>PEAS<br>FRESH VEGGIE BAR<br>ROLL<br>FRESH FRUIT, CANNED<br>FRUIT OR JUICE<br>MILK CHOICE            |
| 4 NO<br>SCHOOL   | 5 PIZZA OR<br>PB/J/ CHEESESTICK<br>FRIES<br>BROCCOLI/CHEESE<br>FRESH VEGGIE BAR<br>APPLESAUCE, FRESH<br>FRUIT OR JUICE<br>MILK CHOICE                | 6 CHICKEN CASSEROLE OR<br>BAKED HAM<br>WHOLE POTATOES<br>GREEN BEANS<br>FRESH VEGGIE BAR<br>ROLL<br>BAKED APPLES, FRESH<br>FRUIT OR JUICE<br>MILK CHOICE       | 7 TACO/SHELL<br>POPCORN CHICKEN<br>LETT/TOM/CHEESE<br>SALSA CORN<br>CALIFORNIA BLEND<br>FRESH VEGGIE BAR<br>PINEAPPLE, FRESH FRUIT<br>OR JUICE<br>MILK CHOICE | 8 CHEESEBURGER SLIDERS<br>OR FISH<br>BAKED BEANS<br>FRIES<br>FRESH VEGGIE BAR<br>PEACHES, FRESH FRUIT OR<br>JUICE<br>MILK CHOICE                           |
| 11 PIZZA OR<br>TURKEY/BACON/RANCH<br>WRAP<br>CARROTS<br>GREEN BEANS<br>FRESH VEGGIE BAR<br>MANDARIN ORANGES,<br>FRESH FRUIT OR JUICE<br>MILK CHOICE    | 12 LASAGNA ROLL OR<br>POPCORN CHICKEN<br>TOAST<br>BROCCOLI/CHEESE<br>CORN<br>FRESH VEGGIE BAR<br>PEARS, FRESH FRUIT OR<br>JUICE<br>MILK CHOICE       | 13 QUESADILLA OR<br>CHICKEN FAJITA/ SHELL<br>LETT/TOM/CHEESE<br>SALSA REFRIED BEANS<br>FRESH VEGGIE BAR<br>MIXED FRUIT, FRESH FRUIT<br>OR JUICE<br>MILK CHOICE | 14 BACON CHEESEBURGER<br>OR CORNDOG<br>SMILEY FRIES<br>LETT/TOM/PICKLE/ONION<br>APPLESAUCE, FRESH<br>FRUIT OR JUICE<br>MILK CHOICE                            | 15 FISH OR<br>BEEF NACHOS/CHEESE<br>SLAW<br>BAKED BEANS<br>POTATO WEDGES<br>FRESH VEGGIE BAR<br>PEACHES, FRESH FRUIT OR<br>JUICE<br>MILK CHOICE            |
| 18 HOTDOG/CHILI OR<br>MINI CHICKEN SLIDERS<br>WAFFLE FRIES<br>CARROTS<br>FRESH VEGGIE BAR<br>PINEAPPLE, FRESH FRUIT,<br>OR JUICE<br>MILK CHOICE        | 19 SPAGHETTI OR<br>CHICKEN TENDERS<br>GREEN BEANS<br>CORN<br>FRESH VEGGIE BAR<br>ROLL<br>PEARS, FRESH FRUIT OR<br>JUICE<br>MILK CHOICE               | 20 EGG OMELET/BACON OR<br>EGG OMELET/SAUSAGE<br>GRAVY BISCUIT<br>CHERRY TOMATO<br>SEASONED POTATOES<br>BAKED APPLES, FRESH<br>FRUIT OR JUICE<br>MILK CHOICE    | 21 PIZZA OR<br>HOT HAM/CHEESE<br>SANDWICH<br>SMILEY FRIES<br>BROCCOLI/ CHEESE<br>FRESH VEGGIE BAR<br>PEACHES, FRESH FRUIT<br>OR JUICE<br>MILK CHOICE          | 22 HAMBURGER OR<br>MINI CALAZONES<br>BAKED BEANS<br>FRIES<br>LETT/TOM/PICKLE/ONION<br>MIXED FRUIT, FRESH FRUIT<br>OR JUICE<br>MILK CHOICE                  |
| 25 QUESADILLA OR<br>BBQ PORK NACHO/QUESO<br>CHEESE<br>LETT/TOM/SALSA<br>CORN BROCCOLI<br>FRESH VEGGIE BAR<br>MANDARIN ORANGES,<br>FRESH FRUIT OR JUICE | 26 CHICKEN ALFREDO OR<br>BAKED HAM<br>MASHED POTATOES<br>PEAS<br>FRESH VEGGIE BAR<br>ROLL<br>CINAMMON APPLES,<br>FRESH FRUIT OR JUICE<br>MILK CHOICE | 27 PIZZA OR<br>GRILL CHICKEN SANDWICH<br>FRIES<br>CARROTS<br>FRESH VEGGIE BAR<br>PINEAPPLE, FRESH FRUIT<br>OR JUICE<br>MILK CHOICE                             | 28 BEEF DIPPERS OR<br>CHERRY CHICKEN<br>EGG ROLL<br>GREEN BEANS<br>FRIED RICE<br>FRESH VEGGIE BAR<br>PEACHES, FRESH FRUIT OR<br>JUICE MILK CHOICE             | 29 FISH/HUSHPUPIES OR<br>CORN DOG NUGGETS<br>PINTO BEANS<br>GREENS<br>MAC/CHEESE<br>FRESH VEGGIE BAR<br>APPLESAUCE, FRESH<br>FRUIT OR JUICE<br>MILK CHOICE |

### News

**CHOICE OF ONE ENTRÉE.**  
*Each meal must have a serving of fruit or vegetable and at least 2 other choices to be complete meal.*

**DAILY OFFERINGS INCLUDE:**  
*Fruit choices, fresh veggie bar, 1% or fat-free milk choices.*

**MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.**

***Hamblen County is an equal opportunity provider and employer.***

*According to Federal law and USDA policy this institution is prohibited from discrimination on the basis of race, color, natural origin, sex, age or disability. To file complaint of discrimination at <http://www.eeoc.usda.gov/complaint>*