



JANUARY | 2018

HAMBLÉN COUNTY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WINTER BREAK <u>NO SCHOOL</u>	2 WINTER BREAK <u>NO SCHOOL</u>	3 Waffle or Cereal Fruit, Juice or Milk Choice LUNCH 1. Pizza 2. Rib Sandwich Smiley Fries, Mixed Vegetables Fresh Veggies, Pears, Fresh Fruit or Juice Milk Choice	4 Doughnut or Cereal Fruit, Juice or Milk Choice LUNCH 1. Popcorn Chicken 2. Turkey/Bacon/RanchWrap Mash Potatoes, Peas Fresh Veggies, Peaches Fresh Fruit or Juice Milk Choice	5 Sausage Biscuit or Cereal Fruit, Juice or Milk Choice LUNCH 1. Taco/Shell 2. Burritos Mexican Rice, Salsa, Refried Beans, Fresh Veggies, Applesauce, Fresh Fruit or Juice, Milk Choice
8 Cini Mini or Cereal Fruit, Juice or Milk Choice LUNCH 1. Quesadilla 2. BBQ Pork Nachos Corn, Green Beans Fresh Veggies, Pears Fresh Fruit or Juice Milk Choice	9 Chicken Biscuit or Cereal Fruit, Juice or Milk Choice LUNCH 1. Hamburger 2. Hotdog French Fries, Baked Beans Fresh Veggies, Pineapple Fresh Fruit or Juice Milk Choice	10 Pancakes or Cereal Fruit, Juice or Milk Choice LUNCH 1. Breakfast Chicken Patty 2. Sausage Patty Scrambled Eggs, Gravy, Biscuit, Tater Tots, Cinnamon Apples, Fresh Fruit or Juice, Milk Choice	11 Choco Doughnuts or Cereal Fruit, Juice or Milk Choice LUNCH 1. Cheesy Chicken Flatbread 2. Deli Turkey Sandwich Chicken Noodle Soup Carrots, Fresh Veggies Peaches, Fresh Fruit or Juice, Milk Choice	12 Breakfast Pizza or Cereal Fruit, Juice or Milk Choice LUNCH 1. Fish w/Hushpuppies 2. CornDog Nuggets Pinto Beans, Greens Fresh Veggies, Strawberries Fresh Fruit or Juice Milk Choice
15 MARTIN LUTHER KING DAY <u>NO SCHOOL</u>	16 Funnel Cake or Cereal Fruit, Juice or Milk Choice LUNCH 1. French Bread Pizza 2. Hoagie Sandwich Potato Soup, California Blend Veggies, Fresh Veggies, Applesauce Fresh Fruit or Juice, Milk	17 Sausage Biscuit or Cereal Fruit, Juice or Milk Choice LUNCH 1. Chicken Casserole 2. Turkey Roast Mash Potatoes, Peas Fresh Veggies, Cinnamon Apples, Fresh Fruit or Juice Milk Choice	18 French toast or Cereal Fruit, Juice or Milk Choice LUNCH 1. BBQ Pork Sandwich 2. Chicken Patty Sandwich French Fries, Baked Beans Fresh Veggies, Mandarin Oranges, Fresh Fruit or Juice, Milk Choice	19 Doughnut Holes or Cereal Fruit, Juice or Milk Choice LUNCH 1. Chili/Chips/Cheese 2. Mini Calzones Baked Potato, Broccoli Fresh Veggies, Peaches Fresh Fruit or Juice Milk Choice
22 Muffins w/Yogurt or Cereal Fruit, Juice or Milk Choice LUNCH 1. Lasagna Roll 2. Chicken Nuggets Garlic Knots, Green Beans, Corn, Tossed Salad, Pears, Fresh Fruit or Juice Milk Choice	23 Chicken Biscuit or Cereal Fruit, Juice or Milk Choice LUNCH 1. Hamburger 2. Corndog French Fries, Baked Beans Fresh Veggies, Peaches Fresh Fruit or Juice Milk Choice	24 Bacon/Egg/Cheese Biscuit or Cereal, Fruit, Juice or Milk LUNCH 1. Chicken Alfredo 2. Beef Teriyaki Dippers Broccoli, Carrots Fresh Veggies, Cinnamon Apples, Fresh Fruit or Juice Milk Choice	25 Cinnamon Rolls or Cereal Fruit, Juice or Milk Choice LUNCH 1. Quesadilla 2. Chicken Fajita Smiley Fries, Black Beans Salsa, Fresh Veggies, Pineapple, Fresh Fruit or Juice, Milk Choice	26 Biscuit w/Gravy or Cereal Fruit, Juice or Milk Choice LUNCH 1. Popcorn Chicken 2. Fish w/Hushpuppies Mash Potatoes, Peas Fresh Veggies, Mandarin Oranges, Fresh Fruit or Juice, Milk Choice
29 Sausage Biscuit or Cereal Fruit, Juice or Milk Choice LUNCH 1. Pizza 2. Turkey/Bacon/RanchWrap Carrots, Green Beans Fresh Veggies, Applesauce Fresh Fruit or Juice Milk Choice	30 Freda's or Cereal Fruit, Juice or Milk Choice LUNCH 1. Chicken & Dumplings 2. Cheesy Breadsticks/Sauce Broccoli, Mash Potatoes Fresh Veggies, Peaches Fresh Fruit or Juice Milk Choice	31 Chicken Biscuit or Cereal Fruit, Juice or Milk Choice LUNCH 1. Ravioli w/Garlic Toast 2. Taco Soup/Corn Chips Corn, Baked Potato Fresh Veggies, Pineapple Fresh Fruit or Juice Milk Choice		

CAFETERIA NEWS

BREAKFAST INFO

BREAKFAST IS AVAILABLE TO ALL HAMBLÉN COUNTY STUDENTS AT NO COST

CHOOSE one ENTRÉE FOR BREAKFAST; EACH TRAY MUST HAVE a FRUIT OR a JUICE AND 2 OTHER ITEMS TO BE CONSIDERED A FULL MEAL

LUNCH INFO

CHOICE OF one ENTRÉE FOR LUNCH; EACH MEAL MUST HAVE A SERVING OF FRUIT OR VEGETABLE AND AT LEAST two OTHER CHOICES TO BE A COMPLETE MEAL.

DAILY OFFERINGS INCLUDE: FRUIT CHOICES, FRESH VEGGIES, AND MILK CHOICES

MENU IS 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 bases of race, color, natural origin, sex, age or disability. To file a complaint of discrimination at <http://www.usda.gov/complaintfilingcust.ht> ml or 866-632-9932