



School Information:

Homewood High School
 Quinessa Moorer, CNP Manager
 205-877-4572 qmoorer@homewood.k12.al.us



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Grab and Go Plates
Chicken Salad Fruit Plate
Chef Salad
Tuna Salad Plate
Deli Box Meal
PBJ Box Meal

Tuesday

1
 PREPAY MEALS
<http://www.family.titank12.com>

Wednesday

2
 Student Lunch- 2.50
 Adult Lunch- 3.25
 Reduced Lunch- .40
 Guest Lunch- 5.00

Thursday

3

Friday

4

7

8

9
 Chicken Tenders
 Roll
 Roasted Red Potato Wedges
 Green Beans
 Side Salad
 Fruit Cup

10
 Cheeseburger or
 Chicken Alfredo
 Steamed Broccoli
 Glazed Carrots
 Caesar Salad
 Fruit Cup

11
 Pizza or
 Cheese Sticks
 Sweet Potato Tots
 Corn
 Side Salad
 Fruit Swirl Cup

14
 Chicken Sandwich
 Spicy or Regular
 Baked Fries
 Baked Beans
 Veggie Sticks with Dip
 Fruit Cup

15
 Crisпитos
 Mexi Beans
 Spanish Rice
 Fiesta Corn
 Side Salad
 Fruit Cup

16
 Country Fried Steak or
 Turkey Roast
 Rice
 Roll
 Peas and Carrots
 Side Salad & Fruit Cup

17
 Spaghetti or Lasagna Rolls
 French Bread
 Steamed Broccoli
 Steamed Baby Carrots
 Caesar Salad
 Fruit Cup

18
 Specialty Pizza
 Or Deli Sub
 Baked Half Potato
 Corn
 Side Garden Salad
 Fresh Fruit Mix

21
 Meatball Subs or
 Cheese Sticks
 Green Beans
 Seasoned Roasted Potatoes
 Side Salad
 Fruit Cup

22
 Taco Bar
 Beef or Chicken
 Rice and Beans
 Lettuce, Tomato, Cheese, Sour
 Cream, Jalapenos, Guacamole
 Fresh Fruit Cup

23
 Poppy Seed Chicken or
 Beef Tips and Rice
 Turnip Greens
 Sweet Potatoes
 Roll
 Side Salad/Fruit Cup

24
 Brunch
 Pancakes OR
 Sausage biscuit
 Grits
 Cinnamon Apples
 Hash Brown Patty

25
 Pizza or
 Flatbreads
 Baked Half Potato
 Corn
 Side Salad
 Fresh Fruit Mix

28
 Hamburger
 Or Hotdog
 Baked Fries
 Baked Beans
 Lettuce Tomato Pickle/ Relish
 Fruit Cup

29
 Crisпитos
 Corn
 Baked Potato
 Mexi Beans
 Side Salad
 Fruit Cup

30
 Chicken Poppers or
 Roast Beef Sandwich
 Mashed Potatoes
 Peas and Carrots
 Side Salad
 Fruit Cup

31
 Chicken Parmesan
 With Pasta and Roll
 Steamed Italian Veggies
 Cinnamon Apples
 Side Caesar Salad
 Fresh Fruit Cup