



### School Information:

Homewood Middle School  
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**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

### Wednesday

### Thursday

### Friday

1

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

2

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

3

4

7

8

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

9

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

10

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

Crispitos  
 Mexi Beans  
 Spanish Rice  
 Fiesta Corn  
 Side Salad  
 Fruit Cup

16

Country Fried Steak  
 Steamed Brown Rice  
 Roll  
 Peas and Carrots  
 Side Salad  
 Fruit Cup

17

Spaghetti  
 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

Crispitos  
 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