

# October 2017

# Homewood Elementary School



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**A SUPER FOOD for YOU and YOUR FAMILY!**  
Parent's Nutrition Tips: Practice stealth health. Did you know seafood is one of the largest sources of protein and a super food packed with nutrients like Omega 3 which is essential for your good heart health?

## Monday

Chicken Poppers  
Mashed Potatoes  
Green Beans  
Steamed Carrots  
Fresh Fruit Salad  
Side Garden Salad

2

## Tuesday

**Taco Bar**  
Beef or Fajita Chicken  
Spanish Rice or Chips  
Black beans, Corn,  
Salsa, Sour Cream  
Shredded Lettuce  
Fresh Fruit Cup

3

## Wednesday

**Breakfast for Lunch**  
Sausage Biscuit or  
2 Pancakes and Sausage  
Hash Brown Pattie  
Cinnamon Apples  
Fresh Cut Fruit  
Tomato Salad

4

## Thursday

Pizza or  
Cheese Sticks  
Sweet Potato Fries  
Steamed Broccoli  
Corn on the Cob  
Side Garden Salad  
Fresh Fruit Cup

5

## Friday

Fish Nugget Basket or  
Hamburger  
Baked Half Potato  
Baked Beans  
Coleslaw  
Watermelon Slice

6

Chicken Sandwich or  
BBQ Sandwich  
Steamed Fresh Veggies  
Sweet Potato Fries  
Side Garden Salad  
Fresh Fruit Cup

9

Crispito or  
Ham and Cheese Melt  
Refried Beans  
Fiesta Corn  
Salsa Sour Cream  
Fruit Mix  
Side Garden Salad

10

Poppyseed Chicken or  
Beef tips  
Rice  
Peas and Carrots  
Side Garden Salad  
Fresh Fruit Cup

11

Baked Ziti with Roll  
Or Italian Flatbread  
Italian Green Beans  
Roasted New Potatoes  
Side Garden Salad  
Fresh Fruit Cup

12

Fish Tacos  
Or Hotdog  
Tator Tots  
Baked Beans  
Veggie Dippers  
Watermelon Slice

13

Pizza  
Steamed Broccoli  
Corn on the Cob  
Veggie Dippers and Hummus  
Side Garden Salad  
Fresh Fruit Cup

16

Fajita Nachos or  
Taco Salad  
Black beans, Fiesta Corn,  
Salsa, Sour Cream  
Shredded Lettuce  
Fresh Fruit Cup

17

Chili and Toasted Cheese  
Or Corndog  
Baked Half Potato  
Steamed Broccoli  
Side Garden Salad  
Fresh Fruit Cup

18

Baked Spaghetti with Roll  
Or Deli Sandwich  
Italian Green Beans  
Garlic Mashed Potatoes  
Side Garden Salad  
Fresh Fruit Cup

19

Fish Sandwich  
Or Cheese Stix with Marinara  
California Steamed Veggies  
Sweet Potato Fries  
Side Garden Salad  
Fresh Fruit Cup

20

Chicken Tenders  
Roll  
Scalloped Potatoes  
Green Peas  
Steamed Carrots  
Fresh Fruit Salad  
Side Garden Salad

23

Crispito  
Or Grilled Ham and Cheese  
Refried Beans  
Fiesta Corn  
Salsa / Sour Cream  
Fruit Mix  
Side Garden Salad

24

Salisbury Steak or Hotdog  
Mashed Potatoes and Gravy  
Steamed Broccoli  
Glazed Carrots  
Fresh Fruit Salad  
Side Garden Salad

25

Chicken Parmesan  
Or Cheesy Flatbread Points  
Italian Green Beans  
Roasted Potato Wedges  
Side Garden Salad  
Fresh Fruit Cup

26

Baked Tilapia  
Or Pizza  
Wild Rice  
Baked Zucchini  
Side Garden Salad  
Watermelon Slice

27

Chicken Sandwich or  
BBQ Sandwich  
Steamed Fresh Veggies  
Sweet Potato Fries  
Side Garden Salad  
Fresh Fruit Cup

30

Tacos- Beef or Chicken  
Chips or Wrap  
Fiesta Corn  
Pinto Beans  
Salsa Sour Cream  
Fresh Fruit Mix

31

