

October 2017

Homewood Middle 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	Tuesday	Wednesday	Thursday	Friday
Chicken Poppers Mashed Potatoes Green Beans 2 Steamed Carrots Fresh Fruit Salad Side Garden Salad Alternate Entrée- Deli Sub or Wrap	Taco Bar Beef or Fajita Chicken 3 Spanish Rice or Chips Black beans, Corn, Salsa, Sour Cream Shredded Lettuce Fresh Fruit Cup	Breakfast for Lunch Sausage Biscuit or 4 2 Pancakes and Sausage Hash Brown Pattie Cinnamon Apples Fresh Cut Fruit Tomato Salad	Pizza or Cheese Sticks 5 Sweet Potato Fries Steamed Broccoli Corn on the Cob Side Garden Salad Fresh Fruit Cup	Fish Nugget Basket or Cheeseburger 6 Baked Half Potato Baked Beans Coleslaw Watermelon Slice
Chicken Sandwich or BBQ Sandwich 9 Steamed Fresh Veggies Sweet Potato Fries Side Garden Salad Fresh Fruit Cup	Crispito or Grilled Ham and Cheese 10 Refried Beans Fiesta Corn Salsa Sour Cream Fruit Mix Side Garden Salad	Poppyseed Chicken or Beef tips and Rice 11 Steamed Carrots Greens Cinnamon Apples Side Garden Salad Fresh Fruit Cup	Baked Ziti with Roll Or Italian Flatbread 12 Italian Green Beans Roasted New Potatoes Side Garden Salad Fresh Fruit Cup	Fish Tacos Or Hotdog 13 Tator Tots Baked Beans Coleslaw or Veggie Dippers Watermelon Slice
Pizza Cheese or pepperoni 16 Steamed Broccoli Corn on the Cob Veggie Dippers and Hummus Side Garden Salad Fresh Fruit Cup	Fajita Nachos or Taco Salad 17 Spanish Rice or Chips Black beans, Fiesta Corn, Salsa, Sour Cream Shredded Lettuce Fresh Fruit Cup	Chili and Toasted Cheese Or Corndog 18 Baked Half Potato And Fixings Steamed Broccoli Side Garden Salad Fresh Fruit Cup	Baked Spaghetti with Roll Or Deli Sandwich 19 Italian Green Beans Garlic Mashed Potatoes Side Garden Salad Fresh Fruit Cup	Fish Sandwich Or Cheese Stix with Marin 20 California Steamed Veggies Sweet Potato Fries Side Garden Salad Fresh Fruit Cup
Chicken Tenders Roll 23 Scalloped Potatoes Green Peas Steamed Carrots Fresh Fruit Salad Side Garden Salad	Crispito Or Grilled Ham and Chee 24 Refried Beans Fiesta Corn Salsa / Sour Cream Fruit Mix Side Garden Salad	Salisbury Steak Roll 25 Mashed Potatoes and Gravy Steamed Broccoli Glazed Carrots Fresh Fruit Salad Side Garden Salad	Chicken Parmesan Or Cheeseburger 26 Italian Green Beans Roasted Potato Wedges Side Garden Salad Fresh Fruit Cup	Baked Tilapia Or Pizza 27 Wild Rice Hush Puppies Coleslaw Side Garden Salad Watermelon Slice
Chicken Sandwich or BBQ Sandwich 30 Steamed Fresh Veggies Sweet Potato Fries Side Garden Salad Fresh Fruit Cup	Tacos- Beef or Chicken Spanish Rice 31 Fiesta Corn Pinto Beans Salsa Sour Cream Fresh Fruit Mix	Lunch Price Student- 2.50 Faculty- 3.25 Guest- 5.00		

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