

September 2017

Homewood Elementary Schools

LUNCH



School Information:

Judy Burgins, Hall Kent Manager 423-2434
 Pamela Brooks, Shades Cahaba Manager 423-2551
 Johari Blackmon, Edgewood Manager 423-3096



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

Tuesday

Wednesday

Thursday

Friday



Lunch Price
 Student 2.25
 Faculty- 3.25
 Guest-5.00
 Alternative Entrée Option and Grab and Go Options Offered Daily

1
 Pizza
 Baked Fries
 Corn
 Side Garden Salad
 Fresh Watermelon Slice

4
 Labor Day

5
 Nachos or Taco Salad
 Spanish Brown Rice
 Seasoned Black Beans and Corn
 Salsa/Sour Cream/Shredded Lettuce/Jalapenos
 Fruit Cup

6
 Chicken Tenders
 Squash Casserole
 Fresh Steamed Broccoli Roll
 Side Garden Salad
 Fresh Fruit Cup

7
 Lasagna Roll (1) or Chicken Flatbread
 Italian Green Beans
 Steamed Carrots
 Side Garden Salad
 Fresh Fruit Cup

8
 Pizza or Cheese Sticks with Marinara
 Corn
 Tator Tots
 Side Garden Salad
 Fresh Fruit Cup

11
 Chicken Sandwich Or Hotdog
 Sweet Potato Tots
 Steamed Fresh Mixed Veggies
 Side Garden Salad
 Fresh Fruit Cup

12
 Crisпитos or Deli Wrap
 Pinto Beans
 Fiesta Corn
 Salsa/Sour Cream
 Side Garden Salad
 Fresh Fruit Cup

13
 Baked Chicken or Salisbury Steak
 Mashed Potatoes
 Steamed Carrots
 Side Garden Salad
 Fresh Fruit Cup

14
 Baked Spaghetti or Grilled Ham and Cheese Sandwich
 Italian Green Beans
 Side Garden Salad
 Cinnamon Apples
 Fresh Fruit Cup

15
 Pizza Or Deli Subs
 Corn
 Baked Fries
 Side Garden Salad
 Fresh Fruit Cup

18
 Hamburger or Corndog
 Roasted New Potato Wedges
 Steamed Fresh Mixed Veggies
 Side Garden Salad
 Fresh Fruit Cup

19
 Quesadilla or Taco Salad
 Refried Beans
 Corn
 Salsa/Sour Cream/Shredded Lettuce/Diced Tomatoes
 Fruit Cup

20
 Chicken Tenders
 Mac and Cheese
 Green Beans
 Cinnamon Apples
 Side Garden Salad
 Fruit Cup

21
 Red Beans and Rice w/ Sausag Or Grilled Chicken Sandwich
 Turnip greens
 Steamed Carrots
 Side Garden Salad
 Fresh Fruit Cup

22
 Pizza or Cheesy Flatbread
 Corn
 Tator Tots
 Side Garden Salad
 Fresh Fruit Cup

25
 Turkey Subs or BBQ Sandwich
 Fresh Sweet Potato Wedges
 Steamed Fresh Mixed Veggies
 Side Garden Salad
 Fresh Fruit Cup

26
 Crisпитos or Deli Wrap
 Pinto Beans
 Fiesta Corn
 Salsa/Sour Cream
 Side Garden Salad
 Fresh Fruit Cup

27
 Beef Tips and Rice
 Mashed Potatoes
 Steamed Carrots
 Side Garden Salad
 Fruit Cup

28
 Stromboli
 Italian Green Beans
 Steamed Carrots
 Side Garden Salad
 Cinnamon Apples
 Fresh Fruit Cup

29
 Pizza or Chicken Salad Wrap
 Corn
 Baked Fries
 Side Garden Salad
 Fresh Fruit Cup