



School Information:

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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

Tuesday

Wednesday

Thursday

Friday



Labor Day 4

Tacos or Mexican Pizza 5
 Spanish Brown Rice
 Seasoned Black Beans & Corn
 Salsa/Sour Cream/Shredded
 Lettuce/Jalopenos
 Fruit Cup

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

Lasagna Rolls 7
 Italian Green Beans
 Steamed Carrots
 Side Garden Salad
 Cinnamon Apples
 Fresh Fruit Cup

Pizza or
 Fish Nugget Basket 1
 Baked Fries
 Corn
 Side Garden Salad
 Fresh Watermelon Slice

Chicken Sandwich 11
 Plain or Spicy
 Sweet Potato Wedges
 Steamed Fresh Mixed Veggies
 Side Garden Salad
 Fresh Fruit Cup

Crispitos 12
 Spanish Brown Rice
 Seasoned Black Beans & Corn
 Salsa/Sour Cream/Shredded
 Lettuce/Jalopenos
 Fruit Cup

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

Baked Spaghetti 14
 Italian Green Beans
 Roasted Baby Carrots
 Side Garden Salad
 Cinnamon Apples
 Fresh Fruit Cup

Pizza 15
 Or Deli Subs
 Corn
 Tator Tots
 Side Garden Salad
 Fresh Fruit Cup
 Ice Cream Sale

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

Quesadilla or 19
 Taco Salad
 Spanish Brown Rice
 Seasoned Black Beans & Corn
 Salsa/Sour Cream/Shredded
 Lettuce/Jalopenos
 Fruit Cup

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

Red Beans and Rice 21
 With Sausage
 Turnip greens
 Steamed Carrots
 Side Garden Salad
 Cinnamon Apples
 Fresh Fruit Cup

Pizza 22
 Flatbreads
 Corn
 Tator Tots
 Side Garden Salad
 Fresh Fruit Cup

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

Crispitos 26
 Spanish Brown Rice
 Seasoned Black Beans & Corn
 Salsa/Sour Cream/Shredded
 Lettuce/Jalopenos
 Fruit Cup

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

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

Pizza or 29
 Buffalo Chicken Wrap
 Corn
 Tator Tots
 Side Garden Salad
 Fresh Fruit Cup