

September 2017

Homewood Middle School

LUNCH



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



Alternative Entrée
& Grab and Go Meal Options
Available Daily.



Lunch Price
Student- 2.50
Faculty- 3.25
Guest- 5.00

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

1

Labor Day

4

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

5

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

6

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

7

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

8

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

11

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

12

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

13

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

14

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

15

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

18

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

19

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

20

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

21

Pizza
Flatbreads
Corn
Tator Tots
Side Garden Salad
Fresh Fruit Cup

22

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

25

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

26

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

27

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

28

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

29