

High School Lunch April 2017
Mobile County Public School System

Unflavored low fat , unflavored skim , chocolate or strawberry milk available with each meal. Must offer 1/2 cup fresh or canned fruit or 1/4 cup dried fruit and 100% fruit juice daily. Menus are subject to change due to deliveries & commodities.

Week	A	B	C	D	E
1	3 Breaded OR Grilled Chicken Patty OR Fillet Creamed Potatoes Brown Gravy Sweet Peas Hushpuppies (4) Fresh Fruit Juice	4 Pizza Green Beans Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	5 BBQ Beef OR Pork Patty on Hamburger Bun Broccoli Sweet Potatoes Fresh Fruit Juice	6 Taco Meat Tortilla Chips (20) Cheese/Sour Cream/Taco Sauce Chopped Romaine (1/2 cup) Diced Tomatoes (1/4 cup) Whole Kernel Corn Juice Fruit: Canned or Frozen or Dried	7 Chili Cheese Dog on Hot Dog Bun Baked Beans Cole Slaw Rice Krispy Treat Fresh Fruit Juice
	10	11	12	13	14
-----Spring Break-----					
2	17 Chicken Tenders (3) OR Chicken Nuggets (5) Green Beans Sweet Potatoes Mini Biscuit Chocolate Rice Crispy Treat Fresh Fruit Juice	18 Cheeseburger on Hamburger Bun Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes Baked Beans Juice Fruit: Canned or Frozen or Dried	19 Salisbury Steak Brown Gravy Creamed Potatoes Collard OR Turnip Greens Cornbread (2 oz.) Fresh Fruit Juice	20 Pizza Carrots Romaine Garden Salad Goldfish Crackers Fruit: Canned or Frozen or Dried Juice	21 Soup Baked Potato & Bacon or Vegetable or Chicken Vegetable or Beef Vegetable Broccoli Mozzarella Cheese Sticks (2) Fresh Fruit Juice
3	24 Cheese & Chicken Fiesta Stix (2) or Crispito (2) Cheese/Sour Cream/Taco Sauce Pinto Beans Whole Kernel Corn Fresh Fruit Juice	25 Meat Sauce with Pasta Green Beans Squash Caesar Salad Rip Stick Breadsticks (2) Fruit: Canned or Frozen or Dried Juice	26 Gumbo with Brown Rice Potato Salad Carrots Okra- Optional Hushpuppies (4) Fresh Fruit Juice	27 Deli Sandwich or Wrap (Hamburger Bun or Tortilla) Romaine Leaf, Sliced Tomato Sweet Potatoes Sun Chips Fruit: Canned or Frozen or Dried Juice	28 Fish Nuggets (5) Baked Beans Broccoli Roll Fresh Fruit Juice