

**August 2016 Lunch**  
**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.**

<b>Week</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
1	8  Professional Development	9  Work Day	10 BBQ Beef OR Pork Patty on Hamburger Bun Broccoli Sweet Potatoes Fresh Fruit Juice	11 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	12 Chili Cheese Dog on Hot Dog Bun Baked Beans Cole Slaw Rice Krispy Treat Fresh Fruit Juice
2	15 Chicken Tenders (3) OR Chicken Nuggets (5) Green Beans Sweet Potatoes Mini Biscuit Chocolate Rice Crispy Treat Fresh Fruit Juice	16 Cheeseburger on Hamburger Bun Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes Baked Beans Juice Fruit: Canned or Frozen or Dried	17 Salisbury Steak Brown Gravy Creamed Potatoes Collard OR Turnip Greens Cornbread (2 oz.) Fresh Fruit Juice	18 Pizza Carrots Romaine Garden Salad Goldfish Crackers Fruit: Canned or Frozen or Dried	19 Soup Baked Potato & Bacon or Vegeta- ble or Chicken Vegetable or Beef Vegetable Broccoli Mozzarella Cheese Sticks
3	22 Chili Crispitos (2) OR Cheese & Chicken Fiesta Stix (2) Cheese/Sour Cream/Taco Sauce Pinto Beans Whole Kernel Corn Fresh Fruit	23 Beef Meatball (4) Sub on Hot Dog Bun Green Beans Squash Caesar Salad Animal Crackers Fruit: Canned or Frozen or Dried Juice	24 Gumbo with Brown Rice Potato Salad Carrots Hushpuppies (4) Fresh Fruit Juice	25 Deli Sandwich or Wrap (Hamburger Bun or Tortilla) Romaine Leaf, Sliced Tomato Sweet Potatoes Sun Chips Fruit: Canned or Frozen or Dried Juice	26 Fish Nuggets (5) Baked Beans Broccoli Roll Fresh Fruit Juice
4	29 Salisbury Steak Brown Gravy Creamed Potatoes Sweet Peas Roll Muffin Fresh Fruit Juice	30 Baked Chicken or Chicken Drumsticks (3) Lima Beans Sweet Potatoes Cornbread (2 oz.) Fruit: Canned or Frozen or Dried Juice	31 Chili Cheese Dog on Hot Dog Bun Sauerkraut Baked Beans Coleslaw Rice Krispy Treat Fresh Fruit Juice		