

**August 2016 K-8 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 Breaded OR Grilled Chicken Patty OR Fillet Creamed Potatoes Brown Gravy Sweet Peas Hushpuppies (4) Fresh Fruit Fruit: Canned or Frozen or Dried	11 Pizza  Green Beans Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	12 BBQ Beef OR Pork Patty on Hamburger Bun Broccoli Sweet Potatoes Fresh Fruit Fruit: Canned or Frozen or Dried
2	15 Chicken Tenders (3) OR Chicken Nuggets (5) w/Sauce Green Beans Sweet Potatoes Mini Biscuit Chocolate Rice Crispy Treat Fresh Fruit	16 Cheeseburger on Hamburger Bun Romaine Leaf, Sliced Toma- to, 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	18 Pizza  Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	19 Soup Baked Potato & Bacon or Vegetable or Chicken Vegeta- ble or Beef Vegetable Broccoli Mozzarella Cheese Sticks (2) Fresh Fruit Fruit: Canned or Frozen or Dried
3	22 Chili Crisпитos (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 Caesar Salad Fruit: Canned or Frozen or Dried Juice	24 Gumbo with Brown Rice Potato Salad Carrots Hushpuppies (2) Fresh Fruit Fruit: Canned or Frozen or Dried	25 Deli Sandwich or Wrap (Hamburger Bun or Tortilla) Romaine Leaf, Sliced Tomato Sweet Potatoes Sun Chips Fruit: Canned or Frozen or Dried	26 Fish Nuggets (5) Baked Beans Broccoli Roll Fresh Fruit Fruit: Canned or Frozen or
4	29 Salisbury Steak Brown Gravy Creamed Potatoes Sweet Peas Roll Fresh Fruit Fruit: Canned or Frozen or Dried	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 Bun Baked Beans Coleslaw Rice Krispy Treat Fresh Fruit Fruit: Canned or Frozen or Dried		