

August High School Lunch Menu 2017

Mobile County Public School System

**Unflavored low fat , unflavored skim , chocolate or strawberry milk available with each meal.
Menus are subject to change due to deliveries & commodities.**

| Week | A | B | C | D | E |
|---------------|---|--|---|--|---|
| | 1 | 2 | 3 | 4 | 5 |
| Week 1 | 7 <i>Breaded OR Grilled Chicken Patty OR Fillet Creamed Potatoes Brown Gravy Sweet Peas Hushpuppies (4) Fresh Fruit Juice</i> | 8 <i>Pizza Green Beans Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice</i> | 9 <i>Chicken Sandwich on Bun Broccoli Sweet Potatoes Chips Fresh Fruit Juice</i> | 10 <i>Taco Meat Tortilla Chips (10) Brown Rice 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</i> | 11 <i>Chili Cheese Dog on Bun Baked Beans Cole Slaw Mini Rice Krispy Treat Fresh Fruit Juice</i> |
| Week 2 | 14 <i>Chicken Tenders (3) OR Chicken Nuggets (5) w/Sauce Lima Beans Sweet Potatoes Mini Biscuit Graham Cracker Snack Fresh Fruit Juice</i> | 15 <i>Chili Crispito Cheese/Sour Cream/Taco Sauce Whole Kernel Corn Pinto or Black Beans Juice Fruit: Canned or Frozen or Dried</i> | 16 <i>Salisbury Steak Brown Gravy Creamed Potatoes Collard OR Turnip Greens Combread (2 oz.) Fresh Fruit Juice</i> | 17 <i>Deli Sandwich on Bun (Romaine Leaf, Sliced Tomato) Carrots Oven Potatoes Chips Fruit: Canned or Frozen or Dried Juice</i> | 18 <i>Meat Sauce & Pasta Green Beans Cauliflower Caesar Salad Breadstick Fresh Fruit Juice</i> |
| Week 3 | 21 <i>Pizza Green Beans Carrots Romaine Garden Salad Fresh Fruit Juice</i> | 22 <i>Chili Cheese Dog Cole Slaw Baked Beans Juice Fruit: Canned or Frozen or Dried</i> | 23 <i>Soup: Potato Bacon, Chicken Vegetable or Beef Vegetable Broccoli Mozzarella Cheese Sticks Fresh Fruit Juice</i> | 24 <i>Baked Chicken Lima Beans Sweet Potatoes Roll/ Animal Crackers Juice Fruit: Canned or Frozen or Dried</i> | 25 <i>Cheeseburger (Romaine Leaf, Sliced Tomato, Pickles) Oven Potatoes Peas and Carrots Fresh Fruit Juice</i> |
| Week 4 | 28 <i>Corndog Sweet Potatoes Sweet Peas Fresh Fruit Juice</i> | 29 <i>Lasagna Rolls (2) Green Beans Squash Caesar Salad Juice Fruit: Canned or Frozen or Dried</i> | 30 <i>Chicken and Brown Rice with Gravy Broccoli Carrots Roll Fresh Fruit Juice</i> | 31 <i>Chili Crispito Cheese/SourCream/Taco Sauce Whole Kernel Corn Pinto or Black Beans Juice Fruit: Canned or Frozen or Dried</i> | |