December 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.

Week	A	B	C	D	E
1				1 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	2 Chili Cheese Dog on Hot Dog Bun Baked Beans Cole Slaw Rice Krispy Treat Fresh Fruit Juice
2	5 Chicken Tenders (3) or Chicken Nuggets (5) Green Beans Sweet Potatoes Mini Biscuit Chocolate Rice Crispy Treat Fresh Fruit Juice	6 Cheeseburger on Hamburger Bun Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes Baked Beans Juice	7 Salisbury Steak Brown Gravy Creamed Potatoes Collard OR Turnip Greens Cornbread (2 oz.) Fresh Fruit Juice	8 Pizza Carrots Romaine Garden Salad Goldfish Crackers Fruit: Canned or Frozen or Dried Juice	9 Soup Baked Potato & Bacon or Vegetable or Chicken Vegetable or Beef Vegetable Broccoli Mozzarella Cheese Sticks 2 Fresh Fruit Juice
3	12 Chili Crispitos (2) OR Cheese & Chicken Fiesta Stix (2) Cheese/Sour Cream/Taco Sauce Pinto Beans Whole Kernel Corn	13 Beef Meatball (4) Sub on Hot Dog Bun Green Beans Squash Caesar Salad Animal Crackers Fruit: Canned or Frozen or Dried	14 Gumbo with Brown Rice Potato Salad Carrots Hushpuppies (4) Fresh Fruit Juice	15 Deli Sandwich or Wrap (Hamburger Bun or Tortilla) Romaine Leaf, Sliced Tomato Sweet Potatoes Sun Chips Fruit: Canned or Frozen or Dried	16 Fish Nuggets (5) Baked Beans Broccoli Roll Fresh Fruit Juice
	19	20	21	22	23
	26	27	28	29	30

Christmas Break

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