

**December 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.

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 Bun Baked Beans Cole Slaw Rice Krispy Treat Fresh Fruit Fruit: Canned or Frozen or Dried
2	5 Chicken Tenders (3) OR Chicken Nuggets (5) w/Sauce Green Beans Sweet Potatoes Mini Biscuit Chocolate Rice Crispy Treat Fresh Fruit Fruit: Canned or Frozen or Dried	6 Cheeseburger on Hamburger Bun Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes Baked Beans Juice Fruit: Canned or Frozen or Dried	7 Salisbury Steak Brown Gravy Creamed Potatoes Collard OR Turnip Greens Cornbread (2 oz.) Fresh Fruit Fruit: Canned or Frozen or Dried	8 Pizza Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	9 Soup Baked Potato & Bacon or Vegetable or Chicken Vegetable or Beef Vegetable Broccoli Mozzarella Cheese Stick 2 Fresh Fruit
3	12 Chili Crisпитos (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 Caesar Salad Fruit: Canned or Frozen or Dried	14 Gumbo with Brown Rice Potato Salad Carrots Hushpuppies (2) Fresh Fruit	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
	19	20	21	22	23
	26	27	28	29	30
<h1>Christmas Break</h1>					