

**High School Lunch February 2017  
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	Mon	Tue	Wed	Thu	Fri
3			1 Gumbo with Brown Rice Potato Salad Carrots Okra– Optional Hushpuppies (4) Fresh Fruit	2 Deli Sandwich or Wrap (Hamburger Bun or Tortilla) Romaine Leaf, Sliced Tomato Sweet Potatoes Sun Chips Fruit: Canned or Frozen or Dried Juice	3 Fish Nuggets (5) Baked Beans Broccoli Roll Fresh Fruit Juice
4	6 Salisbury Steak Brown Gravy Creamed Potatoes Sweet Peas Roll Muffin Fresh Fruit Juice	7 Baked Chicken or Chicken Drumsticks (3) Lima Beans Sweet Potatoes Cornbread (2 oz.) Fruit: Canned or Frozen or Dried Juice	8 Chili Cheese Dog on Hot Dog Bun Sauerkraut Baked Beans Coleslaw Rice Krispy Treat Fresh Fruit Juice	9 Pizza Broccoli Whole Kernel Corn Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	10 Chicken (patty, fajita, diced) on Hamburger Bun Oven Potatoes Carrots Brownie Fresh Fruit Juice
5	13 Corn Dog Sweet Potatoes Sweet Peas Graham Crackers Fresh Fruit Juice	14 Enchilada in Sauce or Crispito (2) Cheese/Sour Cream/Taco Sauce Pinto Beans Whole Kernel Corn Fruit: Canned or Frozen or Dried Juice	15 Asian Chicken Asian Fried Brown Rice Vegetable Egg Roll Sweet N Sour Sauce Broccoli Cauliflower Fresh Fruit Juice	16 Beef Meatball Sub OR Lasagna Roll (2) Green Beans Caesar Salad Fruit: Canned or Frozen or Dried Juice	17 Cheeseburger on Hamburger Bun Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes Carrots Fresh Fruit Juice
1	20 Breaded OR Grilled Chicken Patty OR Fillet Creamed Potatoes Brown Gravy Sweet Peas Hushpuppies (4) Fresh Fruit Juice  27	21 Pizza Green Beans Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice  28	22 BBQ Beef OR Pork Patty on Hamburger Bun Broccoli Sweet Potatoes Fresh Fruit Juice	23 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	24 Chili Cheese Dog on Hot Dog Bun Baked Beans Cole Slaw Rice Krispy Treat Fresh Fruit Juice
<h1>Mardi Gras Holiday Week</h1>					