February 2016 High School Pre-Plated Salad Menu

Mobile County Public School System

Unflavored Low Fat (1%), Unflavored and Flavored Fat Free Milk available with each meal. 100% Fruit Juice Served with each Meal.
Fresh Fruit & Canned, Frozen or Dried Fruit Daily. Menu subject to change due to deliveries and commodities.

Week	A	B	C	D	E
Week 3	1 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Croissant Goldfish Crackers	2 Romaine Garden Salad Ham 1 oz OR Turkey 1 oz Cheese 1 oz Mexican Cornbread (2 oz bread)	3 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Breadstick Rice Krispy Treat (original)	4 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Sun Chips OR Doritos Chips Brownie	5 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Cornbread (2 oz) OR Hushpuppies (4)
	Mardi Gras and President's Day Holidays				
Week 4	15 Chicken Caesar Salad Chicken 2 oz (no cheese) or Chicken 1 oz & 1 oz cheese Roll Teddy Grahams or Gripz	16 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Breadstick Rice Krispy Treat (original)	17 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Cornbread (2 oz)	18 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Sun Chips OR Doritos Chips Chocolate Rice Krispy Treat	19 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Mini Muffin Saltine Crackers (2 bags)
Week 5	22 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Saltine Crackers (2 bags) Rice Krispy Treat (original)	23 Romaine Garden Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Hushpuppies (4)	24 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz Cheese 1 oz Croissant Mini Fruit Pocket	25 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Roll OR Mini Biscuit Nutri Grain Bar	26 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Breadstick Brownie
Week 1	29 Romaine Garden Salad Ham 1 oz OR Turkey 1 oz Cheese 1 oz Toasted Garlic Flatbread				

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