

# April 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.**

	<b>4</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
<b>Week 5</b>						1 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Breadstick Brownie
<b>Week 1</b>	4 Romaine Garden Salad Ham 1 oz OR Turkey 1 oz Cheese 1 oz Toasted Garlic Flatbread	5 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Roll OR Mini Biscuit Teddy Grahams or Gripz	6 Chef Salad Ham 1/2 oz Turkey 1/2 oz Cheese 1/2 oz & 1/2 Egg Hushpuppies (4)	7 Taco Salad (on serving line) Tortilla Chips (10 chips) Nutri Grain Bar	8 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Croissant Sun Chips OR Doritos Chips	
	<h1 style="font-size: 4em; margin: 0;">SPRING BREAK</h1>					
<b>Week 2</b>	18 Romaine Garden Salad Chicken Tenders or Patty (no cheese) Roll OR Mini Biscuit Chocolate Rice Krispy Treat	19 Chef Salad Ham 1/2 oz Turkey 1/2 oz Cheese 1/2 oz & 1/2 Egg Breadstick Brownie	20 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Toasted Garlic Flatbread	21 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Cornbread (2 oz) OR Hushpuppies (4)	22 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Mini Muffin Animal Crackers	
<b>Week 3</b>	25 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Croissant Goldfish Crackers	26 Romaine Garden Salad Ham 1 oz OR Turkey 1 oz Cheese 1 oz Mexican Cornbread (2 oz bread)	27 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Breadstick Rice Krispy Treat (original)	28 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Doritos Chips Brownie	29 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Cornbread (2 oz) OR Hushpuppies (4)	