

January 2016 High School Pre-Plated Salad Lunch 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 4	4 Teacher Work Day/ CNP Clean Up Day	5 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Breadstick Rice Krispy Treat (original)	6 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Cornbread (2 oz)	7 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Sun Chips OR Doritos Chips Brownie	8 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	11 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Saltine Crackers (2 bags) Rice Krispy Treat (original)	12 Romaine Garden Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Hushpuppies (4)	13 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz Cheese 1 oz Croissant Mini Fruit Pocket	14 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	15 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Breadstick Brownie
Week 1	18 Martin Luther King Jr. Day	19 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Roll OR Mini Biscuit Teddy Grahams or Gripz	20 Chef Salad Ham 1/2 oz Turkey 1/2 oz Cheese 1/2 oz & 1/2 Egg Hushpuppies (4)	21 Taco Salad (on serving line) Tortilla Chips (10 chips) Nutri Grain Bar	22 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Croissant Sun Chips OR Doritos Chips
Week 2	25 Romaine Garden Salad Chicken Tenders or Patty (no cheese) Roll OR Mini Biscuit Chocolate Rice Krispy Treat	26 Chef Salad Ham 1/2 oz Turkey 1/2 oz Cheese 1/2 oz & 1/2 Egg Breadstick Brownie	27 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Toasted Garlic Flatbread	28 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Cornbread (2 oz) OR Hushpuppies (4)	29 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Mini Muffin Animal Crackers