

# March 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 1		1 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Roll OR Mini Biscuit Teddy Grahams or Gripz	2 Chef Salad Ham 1/2 oz Turkey 1/2 oz Cheese 1/2 oz & 1/2 Egg Hushpuppies (4)	3 Taco Salad (on serving line) Tortilla Chips (10 chips) Nutri Grain Bar	4 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Croissant Sun Chips OR Doritos Chips
Week 2	7 Romaine Garden Salad Chicken Tenders or Patty (no cheese) Roll OR Mini Biscuit Chocolate Rice Krispy Treat	8 Chef Salad Ham 1/2 oz Turkey 1/2 oz Cheese 1/2 oz & 1/2 Egg Breadstick Brownie	9 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Toasted Garlic Flatbread	10 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Cornbread (2 oz) OR Hushpuppies (4)	11 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Mini Muffin Animal Crackers
Week 3	14 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Croissant Goldfish Crackers	15 Romaine Garden Salad Ham 1 oz OR Turkey 1 oz Cheese 1 oz Mexican Cornbread (2 oz bread)	16 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Breadstick Rice Krispy Treat (original)	17 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Doritos Chips Brownie	18 <b>TEACHER WORK DAY</b>
Week 4	21 Chicken Caesar Salad Chicken 2 oz (no cheese) or Chicken 1 oz & 1 oz cheese Roll Teddy Grahams or Gripz	22 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Breadstick Rice Krispy Treat (original)	23 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Cornbread (2 oz)	24 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Sun Chips OR Doritos Chips Chocolate Rice Krispy Treat	25 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	28 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Saltine Crackers (2 bags) Rice Krispy Treat (original)	29 Romaine Garden Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Hushpuppies (4)	30 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz Cheese 1 oz Croissant Mini Fruit Pocket	31 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	