

May 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 4	2 Chicken Caesar Salad Chicken 2 oz (no cheese) or Chicken 1 oz & 1 oz cheese Roll Teddy Grahams or Gripz	3 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Breadstick Rice Krispy Treat (original)	4 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Cornbread (2 oz)	5 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Sun Chips OR Doritos Chips Chocolate Rice Krispy Treat	6 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	9 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Saltine Crackers (2 bags) Rice Krispy Treat (original)	10 Romaine Garden Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Hushpuppies (4)	11 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz Cheese 1 oz Croissant Mini Fruit Pocket	12 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	13 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Breadstick Brownie
Week 1	16 Romaine Garden Salad Ham 1 oz OR Turkey 1 oz Cheese 1 oz Toasted Garlic Flatbread	17 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Roll OR Mini Biscuit Teddy Grahams or Gripz	18 Chef Salad Ham 1/2 oz Turkey 1/2 oz Cheese 1/2 oz & 1/2 Egg Hushpuppies (4)	19 Taco Salad (on serving line) Tortilla Chips (10 chips) Nutri Grain Bar	20 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Croissant Sun Chips OR Doritos Chips
Week 2	23 Romaine Garden Salad Chicken Tenders or Patty (no cheese) Roll OR Mini Biscuit Chocolate Rice Krispy Treat	24 Chef Salad Ham 1/2 oz Turkey 1/2 oz Cheese 1/2 oz & 1/2 Egg Breadstick Brownie	25 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Toasted Garlic Flatbread	26 Romaine Garden Salad Turkey 1 oz OR Ham 1 oz Cheese 1 oz Cornbread (2 oz) OR Hushpuppies (4)	27 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Mini Muffin Animal Crackers
Week 3	³⁰ Memorial Day	31 Romaine Garden Salad Ham 1 oz OR Turkey 1 oz Cheese 1 oz Mexican Cornbread (2 oz bread)	JUNE 1 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Doritos Chips Brownie		