

High School Lunch Menu January 2017

Mobile County Public School System

Unflavored low fat , unflavored skim , chocolate or strawberry milk available with each meal. Must offer 1/2 cup fresh or canned fruit or 1/4 cup dried fruit and 100% fruit juice daily. Menus are subject to change due to deliveries & commodities.

Week	A	B	C	D	E
4	2 CNP Cleaning Day	3 CNP Cleaning Day	4 Chili Cheese Dog on Hot Dog Bun Sauerkraut Baked Beans Coleslaw Rice Krispy Treat Fresh Fruit Juice	5 Pizza Broccoli Whole Kernel Corn Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	6 Chicken (patty, fajita, diced) on Hamburger Bun Oven Potatoes Carrots Brownie Fresh Fruit Juice
5	9 Corn Dog Sweet Potatoes Sweet Peas Graham Crackers Fresh Fruit Juice	10 Enchilada in Sauce Pinto Beans Whole Kernel Corn Fruit: Canned or Frozen or Dried Juice	11 Asian Chicken Asian Fried Brown Rice Vegetable Egg Roll Sweet N Sour Sauce Broccoli Cauliflower Fresh Fruit Juice	12 Beef Meatball Sub OR Lasagna Roll (2) Green Beans Caesar Salad Fruit: Canned or Frozen or Dried Juice	13 Cheeseburger on Hamburger Bun Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes Carrots Fresh Fruit Juice
1	16 Martin Luther King, Jr. Day	17 Pizza Green Beans Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	18 BBQ Beef OR Pork Patty on Hamburger Bun Broccoli Sweet Potatoes Fresh Fruit Juice	19 Taco Meat Tortilla Chips (20) Cheese/Sour Cream/Taco Sauce Chopped Romaine (1/2 cup) Diced Tomatoes (1/4 cup) Whole Kernel Corn Juice Fruit: Canned or Frozen or Dried	20 Chili Cheese Dog on Hot Dog Bun Baked Beans Cole Slaw Rice Krispy Treat Fresh Fruit Juice
2	23 Chicken Tenders (3) OR Chicken Nuggets (5) Green Beans Sweet Potatoes Mini Biscuit Chocolate Rice Crispy Treat Fresh Fruit Juice	24 Cheeseburger on Hamburger Bun Romaine Leaf, Sliced Tomato, Pick- les Oven Potatoes Baked Beans Juice	25 Salisbury Steak Brown Gravy Creamed Potatoes Collard OR Turnip Greens Cornbread (2 oz.) Fresh Fruit Juice	26 Pizza Carrots Romaine Garden Salad Goldfish Crackers Fruit: Canned or Frozen or Dried Juice	27 Soup Baked Potato & Bacon or Vegeta- ble or Chicken Vegetable or Beef Vegetable Broccoli Mozzarella Cheese Sticks (2)
3	30 Crisпитos (2) Cheese/Sour Cream/Taco Sauce Pinto Beans Whole Kernel Corn Fresh Fruit Juice	31 Meat Sauce with Pasta Green Beans Squash Caesar Salad Rip Stick Breadsticks (2) Fruit: Canned or Frozen or Dried Juice			