

K-8 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 Bun Baked Beans Coleslaw Rice Krispy Treat Fresh Fruit Fruit: Canned or Frozen or Dried	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 Fruit: Canned or Frozen or Dried
5	9 Corn Dog Sweet Potatoes Sweet Peas Graham Crackers Fresh Fruit Fruit: Canned or Frozen or Dried	10 Cheese 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 Fresh Fruit	12 Beef Meatball Sub OR Lasagna Rolls (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
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 Fruit: Canned or Frozen or Dried	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 Bun Baked Beans Cole Slaw Rice Krispy Treat Fresh Fruit Fruit: Canned or Frozen or Dried
2	23 Chicken Tenders (3) OR Chicken Nuggets (5) w/Sauce Green Beans Sweet Potatoes Mini Biscuit Chocolate Rice Crispy Treat Fresh Fruit	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	26 Pizza Carrots Romaine Garden Salad 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 Crispitos (2) Cheese/Sour Cream/Taco Sauce Pinto Beans Whole Kernel Corn Fresh Fruit Fruit: Canned or Frozen or Dried	31 Meat Sauce & Pasta Green Beans Caesar Salad Rip Stick Breadstick Fruit: Canned or Frozen or Dried Juice			