

# April 2016 K-8 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 offered only on Tuesday and Thursday of each week.

Fresh Fruit & Canned, Frozen or Dried Fruit Daily. Menu subject to change due to deliveries and commodities.

Week	A	B	C	D	E
Week 5					1 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Goldfish Crackers
Week 1	4 Romaine Garden Salad Ham 1.22 oz OR Turkey 1 oz Cheese 1 oz Toasted Garlic Flatbread	5 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Croissant or Mini Biscuit Teddy Grahams or Gripz	6 Chef Salad Ham 1/2 oz Turkey 1/2 oz Cheese 1/2 oz & 1/2 Egg Cornbread (1 oz) or Hushpuppies (2)	7 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Mini Muffin Goldfish Crackers	8 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Breadstick Saltine Crackers (1 bag)
<b>SPRING BREAK</b>					
Week 2	18 Romaine Garden Salad Chicken Tenders (no cheese) Waffle Stick Syrup (1)	19 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Toasted Garlic Flatbread	20 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Roll or Mini Biscuit Animal Crackers	21 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Cornbread (2 oz) or Hushpuppies (4)	22 Chef Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Mini Fruit Pocket Sun Chips OR Doritos Chips
Week 3	25 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Roll OR Mini Biscuit	26 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Cornbread (2 oz)	27 Romaine Garden Salad Ham 1.22 oz OR Turkey 1 oz Cheese 1 oz Breadstick Brownie	28 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Croissant Sun Chips OR Doritos Chips	29 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Hushpuppies (2) Chocolate Rice Krispy Bar