

# February 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
<b>Week 3</b>	1 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Roll OR Mini Biscuit	2 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Cornbread (2 oz)	3 Romaine Garden Salad Ham 1.22 oz OR Turkey 1 oz Cheese 1 oz Breadstick Brownie	4 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Croissant Sun Chips OR Doritos Chips	5 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Hushpuppies (2) Chocolate Rice Krispy Bar
<b>Mardi Gras and President's Day Holidays</b>					
<b>Week 4</b>	15 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Roll OR Mini Biscuit	16 Romaine Garden Salad Chicken Nuggets (no cheese) Mini Muffin Goldfish Crackers	17 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Nutri Grain Bar Sun Chips OR Doritos Chips	18 Romaine Garden Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Saltine Crackers (2 bags) Teddy Grahams or Gripz	19 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Breadstick Brownie
<b>Week 5</b>	22 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz Cheese 1 oz Saltine Crackers (2 bags) Teddy Grahams or Gripz	23 Romaine Garden Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Roll Sun Chips OR Doritos Chips	24 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Toasted Garlic Flatbread	25 Taco Salad (on serving line) Tortilla Chips (10) Chocolate Rice Krispy Bar	26 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Goldfish Crackers
<b>Week 1</b>	29 Romaine Garden Salad Ham 1.22 oz OR Turkey 1 oz Cheese 1 oz Toasted Garlic Flatbread				