

# January 2016 K-8 Pre-Plated Salad Lunch 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 4</b>	4 <b>Teacher Work Day/ CNP Clean Up Day</b>	5 Romaine Garden Salad Chicken Nuggets (no cheese) Mini Muffin Goldfish Crackers	6 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Nutri Grain Bar Sun Chips OR Doritos Chips	7 Romaine Garden Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Saltine Crackers (2 bags) Teddy Grahams or Gripz	8 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Breadstick Brownie
<b>Week 5</b>	11 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz Cheese 1 oz Saltine Crackers (2 bags) Teddy Grahams or Gripz	12 Romaine Garden Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Roll Sun Chips OR Doritos Chips	13 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Toasted Garlic Flatbread	14 Taco Salad (on serving line) Tortilla Chips (10) Chocolate Rice Krispy Bar	15 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Goldfish Crackers
<b>Week 1</b>	18 <b>Martin Luther King Jr. Day</b>	19 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Croissant or Mini Biscuit Teddy Grahams or Gripz	20 Chef Salad Ham 1/2 oz Turkey 1/2 oz Cheese 1/2 oz & 1/2 Egg Cornbread (1 oz) or Hushpuppies (2)	21 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Mini Muffin Goldfish Crackers	22 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Breadstick Saltine Crackers (1 bag)
<b>Week 2</b>	25 Romaine Garden Salad Chicken Tenders (no cheese) Waffle Stick Syrup (1)	26 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Toasted Garlic Flatbread	27 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Roll or Mini Biscuit Animal Crackers	28 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Cornbread (2 oz) or Hushpuppies (4)	29 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