

March 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 1		1 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Croissant or Mini Biscuit Teddy Grahams or Gripz	2 Chef Salad Ham 1/2 oz Turkey 1/2 oz Cheese 1/2 oz & 1/2 Egg Cornbread (1 oz) or Hushpuppies (2)	3 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Mini Muffin Goldfish Crackers	4 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Breadstick Saltine Crackers (1 bag)
Week 2	7 Romaine Garden Salad Chicken Tenders (no cheese) Waffle Stick Syrup (1)	8 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Toasted Garlic Flatbread	9 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Roll or Mini Biscuit Animal Crackers	10 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Cornbread (2 oz) or Hushpuppies (4)	11 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	14 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Roll OR Mini Biscuit	15 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Cornbread (2 oz)	16 Romaine Garden Salad Ham 1.22 oz OR Turkey 1 oz Cheese 1 oz Breadstick Brownie	17 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Croissant Sun Chips OR Doritos Chips	18 TEACHER WORK DAY
Week 4	21 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Roll OR Mini Biscuit	22 Romaine Garden Salad Chicken Nuggets (no cheese) Mini Muffin Goldfish Crackers	23 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Nutri Grain Bar Sun Chips OR Doritos Chips	24 Romaine Garden Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Saltine Crackers (2 bags) Teddy Grahams or Gripz	25 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Breadstick Brownie
Week 5	28 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz Cheese 1 oz Saltine Crackers (2 bags) Teddy Grahams or Gripz	29 Romaine Garden Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Roll Sun Chips OR Doritos Chips	30 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Toasted Garlic Flatbread	31 Taco Salad (on serving line) Tortilla Chips (10) Chocolate Rice Krispy Bar	