

May 2016 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 4	2 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Roll OR Mini Biscuit	3 Romaine Garden Salad Chicken Nuggets (no cheese) Mini Muffin Goldfish Crackers	4 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Nutri Grain Bar Sun Chips OR Doritos Chips	5 Romaine Garden Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Saltine Crackers (2 bags) Teddy Grahams or Gripz	6 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Breadstick Brownie
Week 5	9 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz Cheese 1 oz Saltine Crackers (2 bags) Teddy Grahams or Gripz	10 Romaine Garden Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Roll Sun Chips OR Doritos Chips	11 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Toasted Garlic Flatbread	12 Taco Salad (on serving line) Tortilla Chips (10) Chocolate Rice Krispy Bar	13 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Goldfish Crackers
Week 1	16 Romaine Garden Salad Ham 1.22 oz OR Turkey 1 oz Cheese 1 oz Toasted Garlic Flatbread	17 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Croissant or Mini Biscuit Teddy Grahams or Gripz	18 Chef Salad Ham 1/2 oz Turkey 1/2 oz Cheese 1/2 oz & 1/2 Egg Cornbread (1 oz) or Hushpuppies (2)	19 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Mini Muffin Goldfish Crackers	20 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Breadstick Saltine Crackers (1 bag)
Week 2	23 Romaine Garden Salad Chicken Tenders (no cheese) Waffle Stick Syrup (1)	24 Romaine Garden Fruit Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Toasted Garlic Flatbread	25 Chef Caesar Salad Turkey 1/2 oz Ham 1/2 oz Cheese 1/2 oz & 1/2 Egg Roll or Mini Biscuit Animal Crackers	26 Romaine Garden Salad Turkey 1 oz OR Ham 1.22 oz Cheese 1 oz Cornbread (2 oz) or Hushpuppies (4)	27 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	30 MEMORIAL DAY	31 Chicken Caesar Salad Chicken 2 oz (no cheese) OR Chicken 1 oz & Cheese 1 oz Cornbread (2 oz)	JUNE 1 Romaine Garden Salad Ham 1.22 oz OR Turkey 1 oz Cheese 1 oz Breadstick Brownie		