

High Lunch Menu November 2017

Mobile County Public School System

Unflavored low fat , unflavored skim , chocolate or strawberry milk available with each meal.

Menus are subject to change due to deliveries & commodities.

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Week	A	B	C	D	E
Week 3			1 Soup: Potato Bacon, Chicken Vegetable or Beef Vegetable Broccoli Mozzarella Cheese Sticks Fresh Fruit Juice	2 Baked Chicken Lima Beans Sweet Potatoes Roll/ Animal Crackers Juice Fruit: Canned or Frozen or Dried	3 Cheeseburger (Romaine Leaf, Sliced Tomato, Pickles) Oven Potatoes Peas and Carrots Fresh Fruit
Week 4	6 Corndog Sweet Potatoes Sweet Peas Fresh Fruit Juice	7 Lasagna Rolls (2) Green Beans Squash Caesar Salad Juice Fruit: Canned or Frozen or Dried	8 Chicken and Brown Rice with Gravy Broccoli Carrots Roll Fresh Fruit Juice	9 Chili Crispito Cheese/SourCream/Taco Sauce Whole Kernel Corn Pinto or Black Beans Juice Fruit: Canned or Frozen or Dried	10 Veterans Day
Week 5	13 Pizza Green Beans Carrots Romaine garden Salad Fresh Fruit Juice	14 Cheeseburger (Romaine Leaf, Sliced Tomato, Pickles) Oven Potatoes Peas and Carrots Juice Fruit: Canned or Frozen or Dried	15 Shepard's Pie Broccoli Biscuit Graham Crackers Fresh Fruit Juice	16 Chicken Gumbo with Brown Rice Corn on the Cob Carrots Okra Hushpuppies (2) Juice Fruit: Canned or Frozen or Dried	17 Chicken Bites(6) Sweet Potatoes Baked Beans Brownie Fresh Fruit Juice
	Thanksgiving Holidays				
Week 1	27 Breaded OR Grilled Chicken Patty OR Fillet Creamed Potatoes Brown Gravy Sweet Peas Hushpuppies (4) Fresh Fruit Juice	28 Pizza Green Beans Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	29 Chicken Sandwich on Bun Broccoli Sweet Potatoes Chips Fresh Fruit Juice	30 Taco Meat Tortilla Chips (10) Brown Rice Cheese/Sour Cream/Taco Sauce Chopped Romaine (1/2 cup) Diced Tomatoes (1/4 cup) Whole Kernel Corn Juice Fruit: Canned or Frozen or Dried	