

**October 2016 Lunch
Mobile County Public School System**

Unflavored low fat , unflavored skim , chocolate or strawberry milk available with each meal. Must offer 1/2 cup fresh or canned fruit or 1/4 cup dried fruit and 100% fruit juice daily. Menus are subject to change due to deliveries & commodities.

Week	A	B	C	D	E
4	3 Salisbury Steak Brown Gravy Creamed Potatoes Sweet Peas Roll Muffin Fresh Fruit Juice	4 Baked Chicken or Chicken Drumsticks (3) Lima Beans Sweet Potatoes Cornbread (2 oz.) Fruit: Canned or Frozen or Dried	5 Chili Cheese Dog on Hot Dog Bun Sauerkraut Baked Beans Coleslaw Rice Krispy Treat Fresh Fruit Juice	6 Pizza Broccoli Whole Kernel Corn Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	7 Chicken (patty, fajita, diced) on Hamburger Bun Oven Potatoes Carrots Brownie Fresh Fruit Juice
5	10 Teacher Work Day	11 Chili Crisпитos (2) OR Cheese & Chicken Fiesta Stix (2) Cheese/Sour Cream/Taco Sauce Pinto Beans Whole Kernel Corn Fruit: Canned or Frozen or Dried	12 Asian Chicken Asian Fried Brown Rice Vegetable Egg Roll Broccoli Cauliflower Fresh Fruit Juice	13 Meat Sauce with Pasta Green Beans Caesar Salad Roll Mini Fruit Pocket Fruit: Canned or Frozen or Dried	14 Cheeseburger on Ham- burger Bun Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes Carrots Fresh Fruit Juice
1	17 Breaded OR Grilled Chicken Patty OR Fillet Creamed Potatoes Brown Gravy Sweet Peas Hushpuppies (4) Fresh Fruit Juice	18 Pizza Green Beans Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	19 BBQ Beef OR Pork Patty on Hamburger Bun Broccoli Sweet Potatoes Fresh Fruit Juice	20 Taco Meat Tortilla Chips (20) Cheese/Sour Cream/Taco Sauce Chopped Romaine (1/2 cup) Diced Tomatoes (1/4 cup) Whole Kernel Corn Juice	21 Chili Cheese Dog on Hot Dog Bun Baked Beans Cole Slaw Rice Krispy Treat Fresh Fruit Juice
2	22 Chicken Tenders (3) or Chick- en Nuggets (5) Green Beans Sweet Potatoes Mini Biscuit Chocolate Rice Crispy Treat Fresh Fruit Juice	23 Cheeseburger on Hamburger Bun Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes Baked Beans Juice Fruit: Canned or Frozen or Dried	24 Salisbury Steak Brown Gravy Creamed Potatoes Collard OR Turnip Greens Cornbread (2 oz.) Fresh Fruit Juice	25 Pizza Carrots Romaine Garden Salad Goldfish Crackers Fruit: Canned or Frozen or Dried	26 Soup Baked Potato & Bacon or Vegetable or Chick- en Vegetable or Beef Vegeta- ble Broccoli Mozzarella Cheese Sticks2
3	31 Chili Crisпитos (2) OR Cheese & Chicken Fiesta Stix (2) Cheese/Sour Cream/Taco Sauce Pinto Beans Whole Kernel Corn Fresh Fruit				