

**October 2016 K-8 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 Fresh Fruit Fruit: Canned or Frozen or Dried	4 Baked Chicken or Chicken Drummies (3) Lima Beans Sweet Potatoes Cornbread 2 oz. Fruit: Canned or Frozen or Dried Juice	5 Chili Cheese Dog on Bun Baked Beans Coleslaw Rice Krispy Treat Fresh Fruit Fruit: Canned or Frozen or	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 Po- tatoes Carrots Brownie Fresh Fruit
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 Fresh Fruit	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
1	17 Breaded OR Grilled Chicken Patty OR Fillet Creamed Potatoes Brown Gravy Sweet Peas Hushpuppies (4) Fresh Fruit	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 Fruit: Canned or Frozen or Dried	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 Fruit: Canned or Frozen or Dried	21 Chili Cheese Dog on Bun Baked Beans Cole Slaw Rice Krispy Treat Fresh Fruit Fruit: Canned or Frozen or
2	24 Chicken Tenders (3) OR Chicken Nuggets (5) w/Sauce Green Beans Sweet Potatoes Mini Biscuit Chocolate Rice Crispy Treat Fresh Fruit	25 Cheeseburger on Hamburger Bun Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes Baked Beans Juice Fruit: Canned or Frozen or Dried	26 Salisbury Steak Brown Gravy Creamed Potatoes Collard OR Tur- nip Greens Cornbread (2 oz.) Fresh Fruit	27 Pizza Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	28 Soup Baked Potato & Bacon or Vegetable or Chicken Vegeta- ble or Beef Vegetable Broccoli
3	31 Chili Crisпитos (2) OR Cheese & Chicken Fiesta Stix (2) Cheese/Sour Cream/Taco Sauce Pinto Beans Whole Kernel Corn Fresh Fruit Fruit: Canned or Frozen or Dried				