

October K-8 Lunch Menu 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 4	2 <i>Corndog Sweet Potatoes Sweet Peas Fresh Fruit Fruit: Canned or Frozen or Dried</i>	3 <i>Lasagna Rolls (2) Green Beans Caesar Salad Juice Fruit: Canned or Frozen or Dried</i>	4 <i>Chicken and Brown Rice with Gravy Broccoli Carrots Roll Fresh Fruit Fruit: Canned or Frozen or Dried</i>	5 <i>Chili Crispito Cheese/SourCream/Taco Sauce Whole Kernel Corn Pinto or Black Beans Juice Fruit: Canned or Frozen or Dried</i>	6 <i>Chicken Tenders (3) or Nuggets (5) w/ Sauce Collards or Turnip Greens Baby Roaster Potatoes Cornbread Fresh Fruit Fruit: Canned or Frozen or Dried</i>
Week 5	9 <i>No School Professional Development</i>	10 <i>Cheeseburger (Romaine Leaf, Sliced Tomato, Pickles) Oven Potatoes Peas and Carrots Juice Fruit: Canned or Frozen or Dried</i>	11 <i>Shepard's Pie Broccoli Biscuit Graham Crackers Fresh Fruit Fruit: Canned or Frozen or Dried</i>	12 <i>Chicken Gumbo with Brown Rice Corn on the Cob Carrots Okra Hushpuppies (2) Juice Fruit: Canned or Frozen or Dried</i>	13 <i>Chicken Bites(6) Sweet Potatoes Baked Beans Brownie Fresh Fruit Fruit: Canned or Frozen or Dried</i>
Week 1	16 <i>Breaded OR Grilled Chicken Patty OR Fillet Creamed Potatoes Brown Gravy Sweet Peas Hushpuppies (4) Fresh Fruit Fruit: Canned or Frozen or Dried</i>	17 <i>Pizza Green Beans Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice</i>	18 <i>Chicken Sandwich on Bun Broccoli Sweet Potatoes Chips Fresh Fruit Fruit: Canned or Frozen or Dried</i>	19 <i>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</i>	20 <i>Chili Cheese Dog on Bun Baked Beans Cole Slaw Mini Rice Krispy Treat Fresh Fruit Fruit: Canned or Frozen or Dried</i>
Week 2	23 <i>Chicken Tenders (3) OR Chicken Nuggets (5) w/Sauce Lima Beans Sweet Potatoes Mini Biscuit Graham Cracker Snack Fresh Fruit Fruit: Canned or Frozen or Dried</i>	24 <i>Chili Crispito Cheese/Sour Cream/Taco Sauce Whole Kernel Corn Pinto or Black Beans Juice Fruit: Canned or Frozen or Dried</i>	25 <i>Salisbury Steak Brown Gravy Creamed Potatoes Collard OR Turnip Greens Cornbread (2 oz.) Fresh Fruit Fruit: Canned or Frozen or Dried</i>	26 <i>Deli Sandwich on Bun (Romaine Leaf, Sliced Tomato) Carrots Oven Potatoes Chips Fruit: Canned or Frozen or Dried Juice</i>	27 <i>Meat Sauce & Pasta Green Beans Caesar Salad Breadstick Fresh Fruit Fruit: Canned or Frozen or Dried</i>
Week 3	30 <i>Pizza Green Beans Carrots Romaine Garden Salad Fresh Fruit Fruit: Canned or Frozen or Dried</i>	31 <i>Chili Cheese Dog Cole Slaw Baked Beans Juice Fruit: Canned or Frozen or Dried</i>			