

September 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	Mon	Tue	Wed	Thu	Fri
4				1 Pizza Broccoli Whole Kernel Corn Romaine Garden Salad Fruit: Canned or Frozen or Dried	2 Chicken (patty, fajita, diced) on Hamburger Bun Oven Potatoes Carrots Brownie Fresh Fruit Juice
5	5 Labor Day	6 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	7 Asian Chicken Asian Fried Brown Rice Vegetable Egg Roll Broccoli Cauliflower Fresh Fruit Juice	8 Meat Sauce with Pasta Green Beans Caesar Salad Roll Mini Fruit Pocket Fruit: Canned or Frozen or Dried	9 Cheeseburger on Hamburger Bun Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes Carrots Fresh Fruit Juice
1	12 Breaded OR Grilled Chicken Patty OR Fillet Creamed Potatoes Brown Gravy Sweet Peas	13 Pizza Green Beans Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	14 BBQ Beef OR Pork Patty on Hamburger Bun Broccoli Sweet Potatoes Fresh Fruit Juice	15 Taco Meat Tortilla Chips (20) Cheese/Sour Cream/Taco Sauce Chopped Romaine (1/2 cup) Diced Tomatoes (1/4 cup) Whole Kernel Corn Juice	16 Chili Cheese Dog on Hot Dog Bun Baked Beans Cole Slaw Rice Krispy Treat Fresh Fruit Juice
2	19 Chicken Tenders (3) OR Chicken Nuggets (5) Green Beans Sweet Potatoes Mini Biscuit Chocolate Rice Crispy Treat Fresh Fruit Juice	20 Cheeseburger on Hamburger Bun Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes Baked Beans Juice Fruit: Canned or Frozen or Dried	21 Salisbury Steak Brown Gravy Creamed Potatoes Collard OR Turnip Greens Cornbread (2 oz.) Fresh Fruit Juice	22 Pizza Carrots Romaine Garden Salad Goldfish Crackers Fruit: Canned or Frozen or Dried	23 Soup Baked Potato & Bacon or Vegetable or Chicken Vegetable or Beef Vegetable Broccoli Mozzarella Cheese Sticks (2)
3	26 Chili Crisпитos (2) OR Cheese & Chicken Fiesta Stix (2) Cheese/Sour Cream/Taco Sauce Pinto Beans Whole Kernel Corn Fresh Fruit Juice	27 Beef Meatball (4) Sub on Hot Dog Bun Green Beans Squash Caesar Salad Animal Crackers Fruit: Canned or Frozen or Dried	28 Gumbo with Brown Rice Potato Salad Carrots Hushpuppies (4) Fresh Fruit	29 Deli Sandwich or Wrap (Hamburger Bun or Tortilla) Romaine Leaf, Sliced Tomato Sweet Potatoes Sun Chips Fruit: Canned or Frozen or Dried	30 Fish Nuggets (5) Baked Beans Broccoli Roll Fresh Fruit Juice