

**September 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	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 Fruit: Canned or Frozen or
5	5 <b>Labor Day</b>	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 Fresh Fruit Fruit: Canned or Frozen or	8 Meat Sauce with Pasta Green Beans Caesar Salad Roll Mini Fruit Pocket Fruit: Canned or Frozen or	9 Cheeseburger on Hamburger Bun Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes Carrots Fresh Fruit Fruit: Canned or Frozen or
1	12 Breaded OR Grilled Chicken Patty OR Fillet Creamed Potatoes Brown Gravy Sweet Peas Hushpuppies (4) Fresh Fruit	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 Fruit: Canned or Frozen or	15 Taco Meat Tortilla Chip (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	16 Chili Cheese Dog on Bun Baked Beans Cole Slaw Rice Krispy Treat Fresh Fruit Fruit: Canned or Frozen or
2	19 Chicken Tenders (3) OR Chicken Nuggets (5) w/Sauce Green Beans Sweet Potatoes Mini Biscuit Chocolate Rice Crispy Treat Fresh Fruit	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.)	22 Pizza Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried	23 Soup Baked Potato & Bacon or Vegetable or Chicken Vegetable or Beef Vegetable Broccoli Mozzarella Cheese Sticks 2 Fresh Fruit
3	26 Chili Crisпитos (2) OR Cheese & Chicken Fiesta Stix (2) Cheese/Sour Cream/Taco Sauce Pinto Beans Whole Kernel Corn Fresh Fruit	27 Beef Meatball (4) Sub on Hot Dog Bun Green Beans Caesar Salad Fruit: Canned or Frozen or Dried Juice	28 Gumbo with Brown Rice Potato Salad Carrots Hushpuppies (2) Fresh Fruit Fruit: Canned or Frozen or	29 Deli Sandwich or Wrap (Hamburger Bun or Tortilla) Romaine Leaf, Sliced Tomato Sweet Potatoes Sun Chips Fruit: Canned or Frozen or	30 Fish Nuggets (5) Baked Beans Broccoli Roll Fresh Fruit Fruit: Canned or Frozen or