

September High School 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					1 Chicken Tenders (3) or Nuggets (5) w/ Sauce Collards or Turnip Greens Baby Roaster Potatoes Cornbread Fresh Fruit Juice
Week 5	4 <i>Labor Day</i>	5 Cheeseburger (Romaine Leaf, Sliced Tomato, Pickles) Oven Potatoes Peas and Carrots Juice Fruit: Canned or Frozen or Dried	6 Shepard's Pie Broccoli Biscuit Graham Crackers Fresh Fruit Juice	7 Chicken Gumbo with Brown Rice Corn on the Cob Carrots Okra Hushpuppies (2) Juice Fruit: Canned or Frozen or Dried	8 Chicken Bites(6) Sweet Potatoes Baked Beans Brownie Fresh Fruit Juice
Week 1	11 Breaded OR Grilled Chicken Patty OR Fillet Creamed Potatoes Brown Gravy Sweet Peas Hushpuppies (4) Fresh Fruit Juice	12 Pizza Green Beans Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	13 Chicken Sandwich on Bun Broccoli Sweet Potatoes Chips Fresh Fruit Juice	14 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	15 Chili Cheese Dog on Bun Baked Beans Cole Slaw Mini Rice Krispy Treat Fresh Fruit Juice
Week 2	18 Chicken Tenders (3) OR Chicken Nuggets (5) w/Sauce Lima Beans Sweet Potatoes Mini Biscuit Graham Cracker Snack Fresh Fruit Juice	19 Chili Crispito Cheese/Sour Cream/Taco Sauce Whole Kernel Corn Pinto or Black Beans Juice Fruit: Canned or Frozen or Dried	20 Salisbury Steak Brown Gravy Creamed Potatoes Collard OR Turnip Greens Cornbread (2 oz.) Fresh Fruit Juice	21 Deli Sandwich on Bun (Romaine Leaf, Sliced Tomato) Carrots Oven Potatoes Chips Fruit: Canned or Frozen or Dried Juice	22 Meat Sauce & Pasta Green Beans Cauliflower Caesar Salad Breadstick Fresh Fruit Juice
Week 3	25 Pizza Green Beans Carrots Romaine Garden Salad Fresh Fruit Juice	26 Chili Cheese Dog Cole Slaw Baked Beans Juice Fruit: Canned or Frozen or Dried	27 Soup: Potato Bacon, Chicken Vegetable or Beef Vegetable Broccoli Mozzarella Cheese Sticks Fresh Fruit Juice	28 Baked Chicken Lima Beans Sweet Potatoes Roll/ Animal Crackers Juice Fruit: Canned or Frozen or Dried	29 Cheeseburger (Romaine Leaf, Sliced Tomato, Pickles) Oven Potatoes Peas and Carrots Fresh Fruit Juice