

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