

2015-2016 Elementary/Middle School Lunch Menu

Mobile County Public School System

1% Unflavored Low Fat (12), Unflavored (12) and Flavored (Chocolate 22, Strawberry 29) Fat Free Milk available with each meal.

100% Fruit Juice (15) offered only on Tuesday and Thursday of each week.

Fresh Fruit & Canned, Frozen or Dried Fruit Daily (15-30). Menu subject to change due to deliveries and commodities.

Week	A	B	C	D	E
Week 1	<i>Pizza (38) Broccoli Florets Corn on Cob (19) Romaine Garden Salad</i>	<i>BBQ Beef OR Pork Patty on Hamburger Bun (28) Sweet Potatoes (28) Green Beans Caesar Salad</i>	<i>Breaded (13) OR Grilled Chicken Patty Creamed Potatoes (16) Brown Gravy Carrots (8) Romaine Garden Salad 1 oz Cornbread or 2 Hushpuppies (15)</i>	<i>Beef & Bean Burrito (39) Whole Kernel Corn (20) Peas & Carrots (16) Romaine Garden Salad</i>	<i>Chili (10) Cheese Dog on Hot Dog Bun (20) Oven Potatoes (16) Baked Beans (25) Romaine Garden Salad</i>
Week 2	<i>Chicken Tenders/ Sauce Carrots (8) Broccoli Florets Romaine Garden Salad Waffle Stick (14) & Syrup (28)</i>	<i>Pizza (38) Sweet Potatoes (25) Sweet Peas (15) Romaine Garden Salad</i>	<i>Meat Sauce with Pasta (41) Green Beans Yellow Squash , optional Caesar Salad Roll (22) or Mini Biscuit (15)</i>	<i>Sliced Pork OR Turkey Creamed Potatoes (16)/ Gravy Turnip or Collard Greens Romaine Garden Salad 2 oz Cornbread or 4 Hushpuppies (30)</i>	<i>2 Chili Crisпитos (40) or 2 Fiesta Sticks (40) Sour Cream/ Taco Sauce Pinto Beans (20) or Black Eyed Peas (21) Whole Kernel Corn (20) Romaine Garden Salad</i>
Week 3	<i>Salisbury Steak / Gravy Creamed Potatoes (16) Sweet Peas (15) Romaine Garden Salad Roll (22) or Mini Biscuit (15)</i>	<i>Baked Chicken or Grilled Chick- en Drumsticks (7) Turnip OR Collard Greens Lima Beans (16) Caesar Salad 2 oz Cornbread (30)</i>	<i>Deli Wrap (22) OR Deli Sandwich (26) Carrots (8) Broccoli Florets Romaine Garden Salad</i>	<i>Sloppy Joe Meat Sauce on Hamburger Bun (40) Whole Kernel Corn Green Beans Romaine Garden Salad</i>	<i>Fish Nuggets (30) Oven Potatoes (16) Baked Beans (25) Romaine Garden Salad 2 Hushpuppies (15) Chocolate Rice Krispy Treat (26)</i>
Week 4	<i>Beef-A-Roni (41) Green Beans Caesar Salad Roll (22) or Mini Biscuit (15)</i>	<i>Chicken Nuggets (13)/ Sauce (3-8) Sweet Potatoes (28) Lima Beans (16) Romaine Garden Salad Mini Muffin (19)</i>	<i>Cheese Burger on Hamburger Bun (28) Romaine Leaf Tomato Slice Pickles Broccoli Florets Oven Potatoes (16)</i>	<i>Chili 910) Cheese Dog on Hot Dog Bun (20) Baked Beans (25) Cole Slaw (5) Romaine Garden Salad</i>	<i>Pizza (38) Whole Kernel Corn (20) Carrots (8) Romaine Garden Salad</i>
Week 5	<i>2 Chili Crisпитos (40) or 2 Fiesta Sticks (40) Sour Cream/ Taco Sauce Corn on Cob (19) Caesar Salad</i>	<i>Cheese Burger on Hamburger Bun (28) Pickles Romaine Leaf/ Tomato Slice Oven Potatoes (16) Baked Beans (25)</i>	<i>Pizza (38) Green Beans Carrots (8) Romaine Garden Salad</i>	<i>Taco Meat/ 10 Tortilla Chips (17) Cheese/Sour Cream/Taco Sauce Black or Pinto Beans (20) Whole Kernel Corn (20) Chopped Romaine/Diced Toma- toes</i>	<i>Corn Dog (33) Broccoli Florets Sweet Potatoes (28) Romaine Garden Salad</i>