

Phenix City BOE Central Office
Scheduled Menu Plans Calendar

Grades 9-12

October 2017

Serving Period: Breakfast

Serving Line: MAIN

Monday	Tuesday	Wednesday	Thursday	Friday
-2- HAM & CHEESE BISCUIT FRUIT COCKTAIL 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-3- YOGURT PARFAIT PEARS 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-4- GRITS & TOAST SCRAMBLED EGGS TRIX BAR PEACHES 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-5- CORN DOG PUPS BAKED APPLES 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-6- FRENCH TOAST & SAUSAGE LINK APPLESAUCE 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST
-9- HAM & CHEESE BISCUIT FRUIT COCKTAIL 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-10- PANACKES W/ SYRUP PINEAPPLES 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-11- CINNAMON OATMEAL TOAST WITH JELLY RAISINS 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-12- SAUSAGE BISCUIT FRUIT COCKTAIL 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-13- WAFFLE STICKS & SAUSAGE LINK CHILLED PEARS 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST
-16- HAM & CHEESE BISCUIT FRUIT COCKTAIL 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-17- YOGURT PARFAIT PEARS 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-18- GRITS & TOAST SCRAMBLED EGGS TRIX BAR PEACHES 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-19- CORN DOG PUPS BAKED APPLES 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-20- FRENCH TOAST & SAUSAGE LINK APPLESAUCE 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST
-23- CINNAMON ROLL (NEW) CHILLED PEACHES 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-24- PANACKES W/ SYRUP PINEAPPLES 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-25- APPLE FRUDEL TRIX BAR SEASONAL FRESH FRUIT 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-26- CHICKEN BISCUIT FRUIT COCKTAIL 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-27- WAFFLE STICKS & SAUSAGE LINK CHILLED PEARS 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST
-30- HAM & CHEESE BISCUIT FRUIT COCKTAIL 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST	-31- YOGURT PARFAIT PEARS 100% FRUIT JUICE LOWFAT MILK VARIETY GRAB-N-GO BREAKFAST			

* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



**Phenix City BOE Central Office
Scheduled Menu Plans Calendar**

Grades 9-12

October 2017

Serving Period: Lunch

Serving Line: MAIN

Monday	Tuesday	Wednesday	Thursday	Friday
-2- CHICKEN & WAFFLES OR SALISBURY STEAK DINNER ROLL RICE PILAF MASHED POTATOES/GRAVY 5 WAY MIXED VEGETABLES PEACHES & CREAM 100% FRUIT JUICE LOWFAT MILK VARIETY	-3- CHOICE OF SOFT TACO OR NACHO CHIPS CHOICE OF FAJITA CHICKEN OR BEEF W/SHRED CHEESE MEXICAN RICE MEXICALLI CORN SALSA, LETTUCE, TOMATOES REFRIED BEANS SEASONAL FRESH FRUIT 100% FRUIT JUICE LOWFAT MILK VARIETY	-4- BEEF TIPS OVER BROWN RICE OR CORNDOG CORNBREAD GREEN BEANS CALIFORNIA VEGETABLES PINEAPPLES 100% FRUIT JUICE LOWFAT MILK VARIETY CHOCOLATE SMORES PUDDING	-5- BBQ CHICKEN MAC AND CHEESE DINNER ROLL SWEET POTATOES STEAMED BROCCOLI FRUIT COCKTAIL LOWFAT MILK VARIETY	-6- CHEESE OR PEPPERONI PIZZA FAJITA CHIC SALAD/BREADSTICK CARROTS & RANCH GREEN BEANS PEARS 100% FRUIT JUICE LOWFAT MILK VARIETY
-9- CHICKEN NUGGETS WITH SAUCE OR SALISBURY STEAK DINNER ROLL RICE PILAF MASHED POTATOES & GRAVY STEAMED BROCCOLI PEACHES 100% FRUIT JUICE LOWFAT MILK VARIETY	-10- TURKEY & CHEESE WRAP GRAB & GO OR CHICKEN POT PIE (may sub bbq sand) DINNER ROLL CARROTS & RANCH STEAMED BROCCOLI SEASONAL FRESH FRUIT CHOCOLATE CHIP COOKIES 100% FRUIT JUICE LOWFAT MILK VARIETY	-11- BEEFY MAC W/GARLIC BREADSTICK OR CRISPY CHICKEN PATTY SANDWICH LETTUCE & TOMATO 5 WAY MIX VEGETABLES STEAMED CORN BLUE RASP FRUIT SORBET 100% FRUIT JUICE LOWFAT MILK VARIETY	-12- CHICKEN TENDERS WITH SAUCE OR COUNTRY STEAK & GRAVY DINNER ROLL MASHED POTATOES & GRAVY GLAZED CARROTS CHILLED PEARS 100% FRUIT JUICE LOWFAT MILK VARIETY	-13- CHEESE OR PEPPERONI PIZZA HAM SALAD/BREADSTICK GARDEN SALAD GREEN PEAS APPLESAUCE 100% FRUIT JUICE LOWFAT MILK VARIETY
-16- CHICKEN NUGGETS WITH SAUCE OR SALISBURY STEAK DINNER ROLL RICE PILAF MASHED POTATOES & GRAVY STEAMED BROCCOLI PEACHES 100% FRUIT JUICE LOWFAT MILK VARIETY	-17- CHOICE OF SOFT TACO OR NACHO CHIPS CHOICE OF FAJITA CHICKEN OR BEEF W/SHRED CHEESE MEXICAN RICE MEXICALLI CORN SALSA, LETTUCE, TOMATOES REFRIED BEANS SEASONAL FRESH FRUIT 100% FRUIT JUICE LOWFAT MILK VARIETY	-18- BBQ PORK SLIDERS OR CHILI DOG COLESLAW SEASONED POTATO WEDGES PINEAPPLES 100% FRUIT JUICE LOWFAT MILK VARIETY	-19- OVEN FRIED CHICKEN CORNBREAD TURNIP GREENS SWEET POTATOES FRUIT COCKTAIL 100% FRUIT JUICE LOWFAT MILK VARIETY	-20- CHEESE OR PEPPERONI PIZZA GRILLED CHICKEN SALAD/CRACKERS GREEN BEANS GLAZED CARROTS PEARS 100% FRUIT JUICE LOWFAT MILK VARIETY SUGAR COOKIE
-23- CHEESEBURGER OR CHILI DOG LETTUCE/TOMATO BAKED FRIES BAKED BEANS FRUIT COCKTAIL 100% FRUIT JUICE LOWFAT MILK VARIETY	-24- SPICY CHICKEN BISCUIT w HONEY PACKET TURKEY & CHS TO GO WRAP CARROTS & RANCH COLESLAW FRESH SEASONAL FRUIT 100% FRUIT JUICE LOWFAT MILK VARIETY	-25- CHILI CHEESE FRITOS OR CHICKEN FAJITA HOMESTYLE GREEN BEANS STEAMED CORN SALSA KIWI STRAWBERRY FRUIT SORBET 100% FRUIT JUICE LOWFAT MILK VARIETY	-26- CHICKEN TENDERS WITH SAUCE OR SALISBURY STEAK & GRAVY DINNER ROLL, BROWN RICE CALIFORNIA VEGETABLES MASHED POTATOES & GRAVY CHILLED PEACHES SUGAR COOKIE 100% FRUIT JUICE LOWFAT MILK VARIETY	-27- CHEESE OR PEPPERONI PIZZA BUFF CHICKEN SALAD/BREADSTICK GARDEN SALAD GLAZED CARROTS APPLESAUCE 100% FRUIT JUICE LOWFAT MILK VARIETY

* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



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<p>-30-</p> <p>CHICKEN & WAFFLES OR SALISBURY STEAK DINNER ROLL RICE PILAF MASHED POTATOES/GRAVY 5 WAY MIXED VEGETABLES PEACHES & CREAM 100% FRUIT JUICE LOWFAT MILK VARIETY</p>	<p>-31-</p> <p>CHOICE OF SOFT TACO OR NACHO CHIPS CHOICE OF FAJITA CHICKEN OR BEEF W/SHRED CHEESE MEXICAN RICE MEXICALLI CORN SALSA, LETTUCE, TOMATOES REFRIED BEANS SEASONAL FRESH FRUIT 100% FRUIT JUICE LOWFAT MILK VARIETY</p>			
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