

Cycle I Lunch Menus

Americus-Sumter High, Americus-Sumter 9th Grade Academy, Sumter County Middle

Monday

Blue and Gold Grill

Salisbury Steak
Rice and Gravy
Side Salad w/Tomatoes
Steamed Carrots
Yeast Roll
Fruit
Choice of Milk

The Panther's Table

Hamburger Patty w/ Bun
Leaf Lettuce/ Tomato
Red Onion
Celery Sticks w/Hummus
Tomato Juice
Fruit
Choice of Milk

The Paw Pizza

South Campus Only—Smart Mouth

Pepperoni Pizza
Corn on the Cob
Side Salad w/Tomato
Celery Sticks w/Hummus
Tomato Juice
Choice of Milk

The Garden Spot

(Prepackaged Salad)

Cubed Ham, Cheddar Cheese, Romaine Lettuce/Spinach Mix, Tomatoes, Carrots, Cucumber Slices, Bell Peppers, Celery Sticks, Salad Crackers
Fresh Fruit
Choice of Salad Dressings
Sunset Sip or Vampire Red Juice
Choice of Milk

Tuesday

Blue and Gold Grill

Spaghetti w/ Noodles
Niblet Corn
Side Salad w/Tomatoes
Yeast Roll
Fresh Green Grapes
Choice of Milk

The Panther's Table

Chicken Nuggets w/ Yeast Roll
Side Salad & Tomatoes w/ dressing
Sweet Potato Fries
Carrot Sticks w/Ranch Dressing
Fresh Fruit
Choice of Milk

The Paw Pizza

South Campus Only—Smart Mouth

Cheesesticks w/Marina Sauce
Side Salad w/Tomatoes
Broccoli Florets w/Hummus
Slice of Watermelon
Fresh Banana
Choice of Milk

The Garden Spot

(Prepackaged Salad)

Cubed Ham, Cheddar Cheese, Romaine Lettuce/Spinach Mix, Tomatoes, Cucumber Slices, Bell Peppers, Carrots, Sliced Celery, Black bean and Corn Salad,
Yeast Roll
Fresh Fruit
Choice of Salad Dressings
Choice of Milk

Wednesday

Blue and Gold Grill

BBQ w/ Bun
Chilled Coleslaw
Baked Beans
Tomato Juice
Fruit
Choice of Milk

The Panther's Table

Chicken and Dumplings
Side Salad w/Tomatoes
Steamed Broccoli
Fruit Cocktail Cup
Tomato Juice
Choice of Milk

The Paw Pizza

South Campus Only—Smart Mouth

Sausage Pizza
Side Salad w/Tomatoes
Carrot Sticks w/Hummus
Fruit Cocktail
Tomato Juice
Choice of Milk

The Garden Spot

(Prepackaged Salad)

Chicken Salad, Cheddar Cheese, Romaine Lettuce/Spinach Mix, Tomatoes, Carrots, Bell Peppers, Celery Sticks, Cucumbers, Saltine Crackers,
Fresh Fruit
Sunset Sip or Vampire Red Juice
Choice of Salad Dressings
Choice of Milk

Thursday

Blue and Gold Grill

Baked Chicken
Collard Greens
Corn Bread
Sweet Potato Patty
Chilled Fruit Juice
Choice of Milk

The Panther's Table

Chicken Patty w/ Bun
Lettuce/Tomato/Pickle
Celery Sticks W/Ranch Dressing
Sweet Potato Fries
Fruit
Choice of Milk

The Paw Pizza

South Campus Only—Smart Mouth

Cheesesticks w/Marina Sauce
Side Salad w/Tomatoes
Celery Sticks w/Hummus
Orange Wedges
Choice of Milk

The Garden Spot

(Prepackaged Salad)

Cubed Ham, Cheese, Romaine Lettuce/Spinach Mix, Tomatoes, Carrots, Celery Sticks, Bell Peppers, Pickles, Cucumbers
Black bean and Corn Salad,
Yeast Roll.
Fresh Fruit
Choice of Salad Dressings
Choice of Milk

Friday

Blue and Gold Grill

Fish Nuggets w/Hushpuppies
Chilled Coleslaw
Carrot Sticks w/Hummus
Sweet Potato Sticks
Fruit
Choice of Milk

The Panther's Table

Cheese Burger w/Bun
Baked Beans
Broccoli Florets w/Hummus
Tomato Juice
Chilled Fruit Cup
Choice of Milk

The Paw Pizza

South Campus Only—Smart Mouth

Pizza
Side Salad w/Tomatoes
Carrot Sticks w/Hummus
Chilled Fruit Cup
Choice of Milk

The Garden Spot

(Prepackaged Salad)

Grilled Chicken, Cheddar Cheese, Romaine Lettuce/Spinach Mix, Tomatoes, Carrots, Celery Sticks, Bell Peppers, Cucumbers,
Saltine Crackers
Choice of Salad Dressings
Fresh Fruit
Sunset Sip or Vampire Red Juice
Choice of Milk