

Cycle II Lunch Menus

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

Monday

Blue and Gold Grill

Chicken Tenders
Mashed Potatoes
Steamed Carrots
Fruit
Yeast Roll
Choice of Milk

Tuesday

Blue and Gold Grill

Beef Taco w/Shredded Cheese
Shredded Lettuce & Diced Tomatoes
Sweet Potato Fries
Celery Sticks w/Hummus
Grapes
Choice of Milk

Wednesday

Blue and Gold Grill

Grilled Wings
Side Salad w/Tomatoes
Fruit Cocktail Cup
Tomato Juice
Yeast Roll
Choice of Milk

Thursday

Blue and Gold Grill

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

Friday

Blue and Gold Grill

Chicken Strips w/ Yeast Roll
Chilled Coleslaw
Carrot Sticks w/Hummus
Sweet Potatoes Sticks
Fruit
Choice of Milk

The Panther's Table

Hot Dog & Chili w/Beans
Coleslaw
Celery Sticks w/Hummus
Sweet Potato Sticks
Fruit
Choice of Milk

The Panther's Table

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

The Panther's Table

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

The Panther's Table

Oven Fried Chicken
Collard Greens
Corn Bread
Sweet Potato Patty
Chilled Fruit Juice
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

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

The Paw Pizza

South Campus Only—Smart Mouth

Cheesesticks w/Marina Sauce
Side Salad w/Tomatoes
Broccoli Florets w/ Ranch Dressing
Slice of Watermelon
Fresh Banana
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 Paw Pizza

South Campus Only—Smart Mouth

Cheesesticks w/Marina Sauce
Side Salad w/Tomatoes
Celery Sticks w/Ranch
Orange Wedges
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)

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

The Garden Spot

(Prepackaged Salad)

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

The Garden Spot

(Prepackaged Salad)

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

The Garden Spot

(Prepackaged Salad)

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

The Garden Spot

(Prepackaged Salad)

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