

Cycle III Lunch Menu Choices

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

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Blue and Gold Grill</u>	<u>Blue and Gold Grill</u>	<u>Blue and Gold Grill</u>	<u>Blue and Gold Grill</u>	<u>Blue and Gold Grill</u>
Sloppy Joe on a Bun Side Salad w/Tomatoes Sweet Potatoes Fries Chilled Fruit Choice of Milk	Southern Style Meatloaf Creamed Potatoes Steamed Carrots Celery Sticks w/Hummus Grapes Yeast Roll Choice of Milk	Homemade Chicken Pot Pie Side Salad w/Tomatoes Steamed Broccoli Fruit Cocktail Cup Tomato Juice Choice of Milk	Baked Chicken Collard Greens Corn Bread Sweet Potato Patty Chilled Fruit Juice Choice of Milk	Chicken Strips w/Yeast Roll Chilled Coleslaw Baked Beans Sweet Potatoes Sticks Chilled Fruit Choice of Milk
<u>The Panther's Table</u>	<u>The Panther's Table</u>	<u>The Panther's Table</u>	<u>The Panther's Table</u>	<u>The Panther's Table</u>
Chicken Sandwich Lettuce/Tomato/Pickle Celery Sticks W/Ranch Dressing Sweet Potato Fries Chilled Fruit Choice of Milk	Chicken Fajita Wrap Shredded Lettuce & Diced Tomatoes Sweet Potato Fries Carrot Sticks w/Ranch Dressing Chilled Fresh Fruit Choice of Milk	BBQ Sandwich Chilled Coleslaw Baked Beans Tomato Juice Chilled Fruit Choice of Milk	Corndogs Coleslaw Celery Sticks w/Hummus Sweet Potato Sticks Chilled Fresh Fruit Choice of Milk	Cheeseburger w/Bun Baked Beans Broccoli Florets w/Hummus Tomato Juice Chilled Fruit Cup Choice of Milk
<u>The Paw Pizza</u>	<u>The Paw Pizza</u>	<u>The Paw Pizza</u>	<u>The Paw Pizza</u>	<u>The Paw Pizza</u>
<small><u>South Campus Only—Smart Mouth</u></small>	<small><u>South Campus Only—Smart Mouth</u></small>	<small><u>South Campus Only—Smart Mouth</u></small>	<small><u>South Campus Only—Smart Mouth</u></small>	<small><u>South Campus Only—Smart Mouth</u></small>
Pepperoni Pizza Corn on the Cob Side Salad w/Tomato Celery Sticks w/Hummus Tomato Juice Choice of Milk	Cheesesticks w/Marina Sauce Side Salad w/Tomatoes Broccoli Florets w/ Hummus Slice of Watermelon Fresh Banana Choice of Milk	Sausage Pizza Side Salad w/Tomatoes Carrot Sticks w/Hummus Fruit Cocktail Tomato Juice Choice of Milk	Cheesesticks w/Marina Sauce Side Salad w/Tomatoes Celery Sticks w/Ranch Orange Wedges Choice of Milk	Pizza Side Salad w/Tomatoes Carrot Sticks w/Hummus Chilled Fruit Cup Choice of Milk
<u>The Garden Spot</u>	<u>The Garden Spot</u>	<u>The Garden Spot</u>	<u>The Garden Spot</u>	<u>The Garden Spot</u>
<small><u>(Prepackaged Salad)</u></small>	<small><u>(Prepackaged Salad)</u></small>	<small><u>(Prepackaged Salad)</u></small>	<small><u>(Prepackaged Salad)</u></small>	<small><u>(Prepackaged Salad)</u></small>
Cubed Ham, Cheddar Cheese, Romaine Lettuce/Spinach Mix, Tomatoes, Carrots, Cucumber Slices, Bell Pepper, Celery Stick, Salad Crackers Fresh Fruit Choice of Salad Dressings Sunset Sip or Vampire Red Juice Choice of Milk	Cubed Ham, Cheddar Cheese, Romaine Lettuce/Spinach Mix, Tomatoes, Cucumber Slices, Carrots, Sliced Celery, Bell Pepper, Black bean and Corn Salad, Yeast Roll Fresh Fruit Choice of Salad Dressings Choice of Milk	Chicken Salad, Cheddar Cheese, Romaine Lettuce/Spinach Mix, Tomatoes, Cucumber Slices, Bell Pepper, Carrots, Celery Stick, Saltine Crackers Fresh Fruit Choice of Salad Dressings Choice of Milk	Cubed Ham, Cheese, Romaine Lettuce/Spinach Mix, Tomatoes, Carrots, Cucumber Slices, Bell Pepper, Pickles, Celery Stick, Black bean and Corn Salad, Yeast Roll. Fresh Fruit Choice of Salad Dressings Choice of Milk	Grilled Chicken Cheddar Cheese, Romaine Lettuce/Spinach Mix, Tomatoes, Cucumber Slices, Bell Pepper, Carrots, Celery Stick, Saltine Crackers Choice of Salad Dressings Fresh Fruit Sunset Sip or Vampire Red Juice Choice of Milk