

AUGUST 2017

Sunflower County Consolidated School District Lunch Menu – Grades 9th thru 12th Child Nutrition Department

MONDAY

**WELCOME
BACK!!!!**

7
Buffalo Hot Wings
Tuna Salad W/Saltine Crackers
Baked Fries
Tossed Green Salad
Corn On The Cob
Fresh Apples or Bananas
Assorted Fruit Juice
WW Garlic Toast
Variety Low Fat Milk
Ketchup & Ranch Dip

14
Mandarin Chicken
Chef or Tuna Salad
Saltine Crackers
Fiesta Rice
Chicken Egg Roll
Sweet and Sour Sauce
California Veggies
Steamed Broccoli Spears
Tropical Fruit
Fresh Fruit Cup
Variety Milk
Whole Wheat Roll

21
Tuna Salad Croissant Served w/
Sandwich Trimmings &
Assorted Baked Chips
Steak Fingers (6)
Buttered Roll
Mashed Potatoes & Gravy
Seasoned Green Beans
Chilled Peach Slices
Chilled Diced Pears
Variety Milk
Ketchup

28
Beef Taco w/Crispy Shell
Chips, Tortilla, WG,
Salsa,
Chef or Tuna Salad
W/Crackers
Pinto Beans
Tossed Salad w/ Dressing
Fruit Cocktail
Blushing Chilled Pears
Variety Milk
Chocolate Brownies

TUESDAY

1

8
Beef Stroganoff over Rice
Tuna or Chef Salad w/Crackers
Green Beans,
California Veggies
Baby Carrots with Dip
Tomatoes With Dip
Yeast Roll
Assorted Juices, Fresh Melon
Variety Milk
Chocolate Chip Cookies

15
Stromboli Supreme
Chef or Tuna Salad
Saltine Crackers
Fiesta Rice
Criss Cut Sweet Potato
Mayonnaise, Mustard
Seasoned Green Beans
Garden Salad w/Dressing
Chilled Pear Halves
Fresh
Whole Wheat Roll
Variety Milk

22
Spaghetti Meat Sauce
Grilled Chicken Salad
Saltine Crackers
Garlic Toast
Corn on the Cob
Sweet Yam Patties
Fresh Orange Wedges
Pineapple Tibits
Variety Milk
Variety of Salad Dressings
Sugar Cookies

29
Barbecue Chicken
Tuna or Chef Salad
Saltine Crackers
Potato Salad
Carrots with Dip
Whole Wheat Roll
Green Peas
Fresh Fruit Bowl
Sliced Strawberries
Variety Milk

WEDNESDAY

2

9
Lemon Pepper Chicken
Tuna or Chef Salad
w/Crackers
Mashed Potatoes
Steamed Broccoli W/Cheese
Seasoned Cabbage
Corn Bread
Tropical Fruit/Fresh Fruit Bowl
Variety Milk
Hot Sauce

16
Chili/Cheese Quesadilla
Salsa
Chef or Tuna Salad
Saltine Crackers
Whole Kernel Corn
Refried Beans
Chilled Peach Slices
Variety Milk
Whole Wheat Roll
Chocolate Brownies

23
Spicy Chicken Sandwich
Sandwich Trimmings
Chef or Tuna Salad
W/Crackers
Tater Tots
Broccoli Ranch Salad
Fresh Apple
Fruit Freeze
Ketchup, Mustard, Mayo,
Chipotle Mayo
Variety Milk

30
Bacon Cheeseburgers
Trimmings
Pickle Spears
Tuna or Chef Salad
Saltine Crackers
Spicy Fries
Corn On The Cob
Fresh Fruit Bowl
Tropical Apples
Variety Milk
Ketchup, Mayo or Mustard

THURSDAY

3
100% Juice

*Fruit Juices
offered in a
variety of flavors*

10
Philly Cheese Steak Sand
on Bun
Chef Salad w/Crackers
Oven Fries
Criss Cut Sweet Potato
Sliced Strawberries
Chilled Peach Slices
Variety Milk
Mustard, Ketchup, Mayo
Variety of Dressings

17
Steak Fingers W/Gravy
Chef or Tuna Salad
Saltine Crackers Buttered
Mashed Potato
Seasoned Lima Beans
Fruit Cocktail
Assorted Fruit Juices
Variety Milk
Cornbread
Ketchup
Whole Wheat Roll

24
Beef Taco w/Crispy Shell
Chips, Tortilla, WG,
Chef Salad
Saltine Crackers
Crispy Sweet Potato Cubes
Mexicali Corn
Fresh Banana
Assorted Fruit Cup
Taco Sauce or Salsa
Variety Milk
M&M Cookies

31
Fruit and Yogurt Plate
BBQ Rib Sandwich
Fish Sandwich
Tater Tots
Cheesy Broccoli
Confetti Coleslaw
Fresh Plums
Mandarin Fruit Cup
Low Fat Milk
Tarter Sauce or Ketchup
Chocolate Chip Cookies

FRIDAY

4

11
Sloppy Joe on Bun
Chef or Tuna Salad
Saltine Crackers
Baked Potato with
Margarine
Criss Cut Sweet Potato
Fresh Orange Smiles
Fresh Watermelon Chunks
Variety Milk
Sour Cream
M&M Cookies

18
Turkey & Cheese Hoagie
Tuna or Chef Salad w/crackers
Carrots with Dip
Oven Fries
Apple and Orange Wedges
Fresh Bananas , Peach Slices
Variety Milk
Mayonnaise, Mustard, Ketchup
Sandwich Trimmings
Pickle Spears
Oatmeal & Raisin Cookies

25
Bacon Cheeseburger
Breaded Chicken Sandwich
Sandwich Trimmings
Pickle Spears
French Fries
Baby Tomatoes & Cucumber
Slices with Dip
Blushing Pears,
Mandarin Oranges
Ketchup, Mustard, Mayo
Variety Milk

DID YOU KNOW...
August was
named after
Augustus Caesar

Offered Daily

- *Low-fat Milk
- *Chocolate Milk
- Strawberry Milk
- *Vanilla Fat-Free Milk
- * Lactose-free Milk
- *Soy Milk

Offered Daily

- * Chef, Tuna or Chicken Salad
- *Loaded Baked Potato

**All menus are subject
to change.**

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