

# Sunflower County Consolidated Schools

Lunch 9-12

Sep 25, 2018

Robert Merritt Jr. High

Ruleville High & Gentry High Schools

October, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1  Chicken Nuggets Chef Salad Saltine Crackers Mashed Potatoes Southern Turnip Green Baby Carrots Chilled Peach Slices Fresh Pears Frozen Fruit Juice Cup Yeast Roll Variety of Dipping Sau Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 2  Spaghetti & Meat Sauce Chef Salad Saltine Crackers Summer Squash Steamed Broccoli Flore Black-Eyed Peas Tomatoes with Dip Pineapple Tidbits Fresh Apples Assorted Fruit Juices Whole Wheat Garlic T Oatmeal Raisin Cooki Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 3  Spicy Chicken Sandwic Chicken Salad Sandwi Chef Salad Saltine Crackers Oven Baked Potato W Baked Beans Southern Turnip Green Tomatoes with Dip Chilled Pear Halves Fresh Fruit Bowl Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 4  Red Beans and Rice with Sausage Tuna Salad with Crack Chef Salad Saltine Crackers California Veggies Green Beans Southern Collard Gree Tomatoes with Dip Mandarin Fruit Cup Fresh Fruit Bowl Fresh Apples Yeast Roll Chocolate Chip Cooki Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 5  Pepperoni Pizza Wedg Cheese Pizza Ham & Cheese on Hoa Chef Salad Saltine Crackers Corn on the Cob Southern Mustard Gre Tomatoes with Dip Black Bean Salad Fresh Fruit Bowl Chilled Peach Slices Fresh Bananas Oatmeal Raisin Cooki Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk
Oct - 8  Fall Break	Oct - 9  Fall Break	Oct - 10  Chicken Spaghetti BBQ Pulled Pork Burg Chef Salad Saltine Crackers Green Beans Steamed Spinach Pinto Beans Tomatoes with Dip Chilled Peaches Fresh Apples Assorted Fruit Juices Yeast Roll Vanilla Pudding Fat Free Milk Chocolate Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 11  Seasoned Baked Chic Ham & Cheese on Hoa Chef Salad Saltine Crackers Mashed Potatoes Southern Collard Gree Black-Eyed Peas Raw Veggies with Dip Blushing Chilled Pears Sliced Strawberries Fresh Oranges Yeast Roll Mayonnaise Mustard, PC, MS1538 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 12  Hamburger w/ Trimm Loaded Baked Potato with Chicken and Ham Chef Salad Saltine Crackers Oven Baked Potato W Steamed Broccoli Flore Tomatoes & Carrots w/ Seasoned Lima Beans Fruit Cocktail Fresh Fruit Bowl Fruit Slushes Whole Wheat Roll Oatmeal Raisin Cooki Mayonnaise Ketchup Mustard, PC, MS1538 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

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Oct - 15  Glazed BBQ Meatballs on Hoagie Bun Corn Dog Nuggets Chef Salad Saltine Crackers Baked Beans Whole Kernel Corn Black Bean Salad Baby Carrots w/ Dressi Fresh Pears Pineapple Tidbits Assorted Fruit Juices Oatmeal Raisin Cooki Mustard, PC, MS1538 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 16  Mandarin Chicken Tuna Salad with Crack Chef Salad Saltine Crackers Steamed Cabbage Seasoned Lima Beans Tomatoes with Dip Chilled Peach Slices Fresh Fruit Bowl Assorted Fruit Juices Stir Fried Rice Hushpuppies Oatmeal Raisin Cooki Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 17  Meatloaf Ham & Cheese on Hoa Chef Salad Saltine Crackers Mashed Potatoes Steamed Spinach Pinto Beans Fruit Cocktail Fresh Fruit Bowl Fresh Oranges Whole Wheat Roll Vanilla Pudding Mayonnaise Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Oct - 18  Barbecue Chicken Tuna Salad with Crack Chef Salad Saltine Crackers Black-Eyed Peas Southern Collard Gree Tomatoes with Dip Applesauce Fresh Melon Cubes Fresh Fruit Bowl Macaroni and Cheese Yeast Roll Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 19  Pigs in a Blanket Chef Salad Saltine Crackers Baked Beans Corn on the Cob Tomatoes with Dip Mandarin Fruit Cup Fresh Fruit Bowl Fresh Apples Chocolate Chip Cooki Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk
Oct - 22  Boneless Buffalo Hot Wings Corn Dog Chef Salad Saltine Crackers Baked Beans Steamed Spinach Corn on the Cob Tomatoes with Dip Pineapple Tidbits Fresh Pears Assorted Fruit Juices Whole Wheat Roll Ranch Dressing Mustard, PC, MS1538 Ketchup Vanilla Pudding Fat Free Milk Chocolate Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 23  Chicken Spaghetti BBQ Pulled Pork Burg Chef Salad Saltine Crackers Green Beans Steamed Spinach Pinto Beans Tomatoes with Dip Chilled Peaches Fresh Apples Assorted Fruit Juices Yeast Roll Vanilla Pudding Fat Free Milk Chocolate Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 24  Tacos Ole with Chips Taco Chip BBQ Chicken Sandwic Chef Salad Saltine Crackers Black Bean Salad Whole Kernel Corn Baby Carrots w/ Dressi Sliced Strawberries Fresh Pears Frozen Fruit Juice Cup Chocolate Chip Cooki Taco Sauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Oct - 25  Seasoned Baked Chic Ham & Cheese on Hoa Chef Salad Saltine Crackers Mashed Potatoes Southern Collard Gree Black-Eyed Peas Raw Veggies with Dip Blushing Chilled Pears Sliced Strawberries Fresh Oranges Yeast Roll Mayonnaise Mustard, PC, MS1538 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 26  Hamburger w/ Trimmn Loaded Baked Potato with Chicken and Ham Chef Salad Saltine Crackers Oven Baked Potato W Steamed Broccoli Flore Tomatoes & Carrots w/ Seasoned Lima Beans Fruit Cocktail Fresh Fruit Bowl Frozen Fruit Juice Cup Whole Wheat Roll Oatmeal Raisin Cooki Mayonnaise Ketchup Mustard, PC, MS1538 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk

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Oct - 29	Oct - 30	Oct - 31		
Chicken Nuggets Chef Salad Saltine Crackers Mashed Potatoes Southern Turnip Green Baby Carrots Chilled Peach Slices Fresh Pears Frozen Fruit Juice Cup Yeast Roll Chocolate Chip Cooki Variety of Dipping Sau Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Spaghetti & Meat Sauc Chef Salad Saltine Crackers Summer Squash Steamed Broccoli Flore Black-Eyed Peas Tomatoes with Dip Pineapple Tidbits Fresh Apples Assorted Fruit Juices Whole Wheat Garlic T Oatmeal Raisin Cooki Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Spicy Chicken Sandwic BBQ Chicken Sandwic Chef Salad Saltine Crackers Oven Baked Potato W Baked Beans Southern Turnip Green Tomatoes with Dip Chilled Pear Halves Fresh Melon Cubes Fresh Fruit Bowl Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk		

Good Nutrition is our Mission!  
 Menus are subject to change.  
 This institution is an equal opportunity provider.

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