

Sunflower County Consolidated Schools

Lunch K-8 Elementary & Middle 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 Fresh Fruit Bowl 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 Tomatoes with Dip Pineapple Tidbits Fresh Oranges Fresh Fruit Bowl Whole Wheat Garlic T Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 3 Spicy Chicken Sandwich Chicken Salad Sandwich Chef Salad Saltine Crackers Oven Baked Potato W Seasoned Lima Beans Raw Veggies with Dip Assorted Vegetable Jui Chilled Pear Halves Fresh Apples Fresh Fruit Bowl Mayonnaise Ketchup Mustard, PC, MS1538 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 Seasoned Green Bean Southern Collard Gree Tomatoes with Dip Mandarin Fruit Cup Fresh Fruit Bowl Fresh Apples Yeast Roll Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 5 Pepperoni Pizza Wedg Cheese Pizza Ham & Cheese on Ho Chef Salad Saltine Crackers Corn on the Cob Southern Mustard Gre Tomatoes with Dip Fresh Grapes Chilled Peach Slices Fresh Fruit Bowl 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 Ham & Cheese on Ho Chef Salad Saltine Crackers Green Beans Steamed Spinach Pinto Beans Tomatoes with Dip Chilled Peaches Fresh Apples Assorted Fruit Juices Yeast Roll Mayonnaise Mustard, PC, MS1538 Fat Free Milk Chocolate Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 11 Seasoned Baked Chic BBQ Pulled Pork Burg 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 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 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.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sunflower County Consolidated Schools

Lunch K-8

Sep 25, 2018

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Elementary & Middle Schools

October, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 15 Glazed BBQ Meatballs on Hoagie Bun Yogurt Sandwich Com Chef Salad Saltine Crackers Black Bean Salad Whole Kernel Corn Baby Carrots w/ Dressi Fresh Pears Pineapple Tidbits Fresh Fruit Bowl 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 Oranges Fresh Fruit Bowl Stir Fried Rice Hushpuppies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 17 Meatloaf Yogurt Sandwich Com Chef Salad Saltine Crackers Mashed Potatoes Steamed Spinach Pinto Beans Fruit Cocktail Fresh Fruit Bowl Fresh Grapes Whole Wheat Roll 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 Tuna Salad with Crack Chef Salad Saltine Crackers Baked Beans Corn on the Cob Tomatoes with Dip Mandarin Fruit Cup Fresh Fruit Bowl Fresh Apples Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk
Oct - 22 Hot Dog Grilled Fajita Salad Chef Salad Saltine Crackers Baked Beans Corn on the Cob Baby Carrots w/ Dressi Fresh Pears Pineapple Tidbits Fresh Fruit Bowl Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 23 Cheesy Chicken Over/ Tuna Salad Salad Saltine Crackers Chef Salad Green Beans Steamed Spinach Pinto Beans Tomatoes with Dip Chilled Peaches Fresh Apples Assorted Fruit Juices Yeast Roll Mayonnaise Mustard, PC, MS1538 Fat Free Milk Chocolate Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 24 Beefy Nachos Grande Bean Burrito Chef Salad Saltine Crackers Black Bean Salad Whole Kernel Corn Raw Veggies with Dip Sliced Strawberries Fresh Fruit Bowl Chilled Diced Pears Salsa Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Oct - 25 Seasoned Baked Chic BBQ Rib Sandwich Chef Salad Saltine Crackers Mashed Potatoes Southern Collard Gree Black-Eyed Peas Raw Veggies with Dip Blushing Chilled Pears Sliced Strawberries Fresh Fruit Bowl Yeast Roll Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 26 Hamburger w/ Trimmin Loaded Baked Potato with Chicken and Ham Chef Salad Saltine Crackers Crinkle Cut Fries Steamed Broccoli Flore Tomatoes & Carrots w/ Seasoned Lima Beans Fruit Cocktail Fresh Fruit Bowl Fresh Oranges Whole Wheat Roll 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 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 - 30 Beef-A-Roni Chef Salad Saltine Crackers Summer Squash Steamed Broccoli Flore Tomatoes with Dip Pineapple Tidbits Fresh Apples Whole Wheat Garlic T Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 31 Spicy Chicken Sandwic BBQ Chicken Sandwic Chef Salad Saltine Crackers Oven Baked Potato W Seasoned Lima Beans Raw Veggies with Dip Assorted Vegetable Jui Chilled Pear Halves Fresh Melon Cubes Assorted Fruit Juices Mayonnaise Ketchup Mustard, PC, MS1538 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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