

Sunflower County Consolidated Schools

Lunch 9-12

Aug 31, 2018

Robert Merritt Jr.High
Ruleville High & Gentry High Schools

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 3 Labor Day	Sep - 4 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	Sep - 5 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	Sep - 6 Seasoned Baked Chic Turkey & Cheese 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	Sep - 7 Hamburger w/ Trimmin 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
Sep - 10 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	Sep - 11 Spaghetti & Meat Sauc Chef Salad Saltine Crackers Summer Squash Steamed Broccoli Flore 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	Sep - 12 Spicy Chicken Sandwic BBQ Chicken Sandwic Chef Salad Saltine Crackers Oven Baked Potato W Seasoned Whole Gree Beans Southern Turnip Green Tomatoes with Dip Chilled Pear Halves Fresh Melon Cubes Fresh Fruit Bowl Oatmeal Raisin Cooki Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Sep - 13 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	Sep - 14 Mexican Pizza Loaded Chicken Fajita Baked Potato Chef Salad Saltine Crackers Corn on the Cob Southern Mustard Gre Tomatoes with Dip Fresh Fruit Bowl Chilled Peach Slices Fresh Bananas Whole Wheat Roll Oatmeal Raisin Cooki 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.

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Page 2

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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 17 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	Sep - 18 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	Sep - 19 Meatloaf Turkey & Cheese 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	Sep - 20 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	Sep - 21 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
Sep - 24 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	Sep - 25 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	Sep - 26 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	Sep - 27 Seasoned Baked Chic Turkey & Cheese 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	Sep - 28 Hamburger w/ Trimmin 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

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

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