

# September 2017

## Sunflower County Consolidated School District Lunch Menu – 9<sup>th</sup> Thru 12<sup>th</sup> Child Nutrition Department

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch Menu  
9<sup>th</sup> thru 12<sup>th</sup>

Did you know...

The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar.



4

5  
Tuna Salad With Crackers  
Spaghetti & Meat Sauce  
Criss Cut Sweet Potatoes  
Green Beans  
Garden Salad  
W/Dressing  
Pineapple Tidbits  
Fresh Oranges  
WW Garlic Toast  
Low Fat Milk  
Tarter Sauce or Ketchup

5

6  
Turkey & Cheese Hoagie  
Sandwich Trimmings  
Chef Salad W/Crackers &  
Salad Dressings  
Corn Dog  
Cheesy Broccoli  
Baby Carrots W/Dressing  
Applesauce  
Fresh Pears  
Low Fat Milk  
Mayonnaise, Mustard or Ketchup  
Chocolate Chip Cookie

6

7  
Chicken Tenders Salad  
Johy Wayne Casserole  
Hot Dog  
Green Peas  
Tex Mex Style Beans  
Fresh Watermelon Chunks  
Tropical Fruit  
Low Fat Milk  
Ketchup, Mustard  
Mayonnaise

7

1  
Chicken Spaghetti  
Grilled Chicken Salad  
Cheesy Broccoli  
Green Tossed Salad  
Whole Kernel Corn  
WW Garlic Toast  
Fresh Apples or Bananas  
Assorted Fruit Juices  
Variety of Low Fat Milk

1

8  
Chicken Salad W/Cracker  
Cheeseburger w/Trimmings  
Grilled Chicken Sandwich  
Baked Potato Wedges  
Baked Beans  
Tossed Salad w/Dressing  
Fresh Bananas  
Mandarin Fruit Cup  
Low Fat Milk  
Ketchup  
Mayonnaise or Mustard  
Oatmeal Raisin Cookie

8

11  
Tuna Salad w/Cracker  
Chicken Tenders  
Mashed Potatoes with Cheese  
Southern Green Beans  
California Veggies  
Fresh Apples  
Fruit Cocktail  
Whole Wheat Roll  
Low Fat Milk  
Mayonnais, Mustard  
Variety of Dipping Sauce

11

12  
Chef Salad W/Crackers  
Chicken Fajitas on Soft Wrap  
Lettuce & Tomatoes  
Pinto Beans  
Glazed Carrots  
Garden Salad  
W/Dressing  
Fresh Melon Cubes  
Chilled Peaches  
Low Fat Milk  
Brownies  
Salsa Sauce

12

13  
Chef Salad W Crackers  
Hamburger Steak W/Gravy  
Steamed Brown Rice  
Green Peas  
Quick Baked Potato  
Raw Veggies with Dip  
Apple and Orange Wedge  
Blushing Chilled Pears  
WW Roll 2 ounces  
Low Fat Milk

13

14  
Grilled Chicken Salad  
WG Crackers  
Lemon Pepper Chicken  
Crispy Sweet Potato Cubes  
Southern Turnip Greens  
Balck-eyed Peas  
Fresh Bananas  
Tropical Fruit  
Combread  
Low Fat Milk  
Hot Sauce

14

15  
Chicken Fajitas Salad  
WG Crackers  
BBQ Rib Sandwich  
Tater Tots  
Cheesy Broccoli  
Confetti Coleslaw  
Fresh Plums  
Mandarin Fruit Cup  
Low Fat Milk  
BBQ Sauce  
Sugar Cookie

15

18  
Tuna Salad W/Crackers  
Salad Dressings  
Chicken Nuggets  
Mashed Potatoes W/Cheese  
Seasoned Lima Beans  
Fresh Apples  
Sliced Strawberries  
Assorted Fruit Juice  
WW Roll 2 ounces  
Low Fat Milk  
Varriety of Dipping Sauce

18

19  
Chef Salad W/Crackers  
Salad Dressing  
Bacon Cheese Burger  
Lettuce, Tomato & Pickels  
Green Peas, Crinkle Fries  
Fresh Fruit  
Sliced Peaches  
Assorted Fruit Juice  
Low Fat Milk  
Chocolate Chip Cookie  
Ketchup, Mayonnaise or  
Mustard

19

20  
Tuna Salad W/Crackers  
Salad Dressing  
Buffalo Hot Wings  
Baked Crinkle Fries  
Tossed Salad W/Salad Dressing  
Corn On The Cob  
Chilled Peach Slices  
Fresh Fruit  
Assorted Fruit Juice  
WW Garlic Toast  
Low Fat Milk  
Ketchup, Ranch Dip

20

21  
Chef Salad  
WG Crackers & Salad Dressing  
Stuffed Crust Pizza  
Whole Kernel Corn  
Seasoned Fries  
Fresh Fruit  
Chilled Diced Pears  
Assorted Fruit Juice  
Low Fat Milk  
Ketchup

21

22  
Chef or Tuna Salad  
w/Crackers & Salad Dressing  
Beefy Nacho Grande.  
Baked Potato Wedges  
Baked Beans  
Glazed Carrots  
Fresh Fruit Bowl  
Tropical Fruit  
Assorted Fruit Freeze  
Low Fat Milk  
Taco Sauce, Sour Cream  
Ketchup, Mustard  
Oatmeal Raisin Cookie

22

25  
Tuna Salad WG Crackers  
Beef-A-Roni Casserole  
Criss Cut Sweet Potatoes  
Green Beans  
Garden Salad  
W/Dressing  
Pineapple Tidbits  
Fresh Oranges  
Assorted Fruit Juice  
WW Roll 2 ounces  
Low Fat Milk

25

26  
Chef Salad W/Dressings  
WG Crackers  
Ham & Cheese Hoagie  
Lettuce, Tomato & Pickle  
Seasoned Fries  
Whole Kernel Corn  
Chilled peach Slices  
Fresh Red Apple  
Assorted Fruit Juice  
Low Fat Milk  
Mayonnaise, Mustard, Ketchup  
Brownies

26

27  
Beef Tacos  
Chips or Tortilla  
Pinto Beans  
Chef Salad W/Crackers & Dressings  
Corn-on- the-Cob  
Glazed Carrots  
Chilled peach Slices  
Applesauce  
Fresh Pears  
Assorted Fruit Juice  
Low Fat Milk  
Taco Sauce, Salsa Sauce  
Sour Cream

27

28  
Chicken Tenders Salad  
WG Crackers & Salad Dressings  
Chili Cheese Hot Dogs  
Green Peas  
Crinkle Fries  
Assorted Fruit Juice  
Tropical Fruit  
Low Fat Milk  
Ketchup, Mustard  
Variety of Salad Dressings

28

29  
Tuna Salad W/Cracker  
Grilled Chicken Sandwich  
w/Trimmings  
Baked Potato Wedges  
Baked BBQ Beans  
Tossed Salad w/Dressing  
Fresh Bananas  
Mandarin Fruit Cup  
Assorted Fruit Freeze  
Low Fat Milk  
Ketchup, Mayonnaise or Mustard  
Oatmeal Raisin Cookie

29

Offered Daily

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

Offered Daily

\* Chef, Tuna or Chicken Salad  
Chicken Fajitas

All menus are subject  
to change.

"In accordance with Federal  
Law and U.S. Department of  
Agriculture Policy, this  
institution is prohibited from  
discriminaing on the basis of  
race, color, national origin,  
sex, age, or disability"

USDA is an equal opportunity provider  
and employer"



What Makes a Lunch

Select 3-5 Components



One must be a

fruit AND/OR Veggies