

September 2017

Sunflower County Consolidated School District Lunch Menu - Pre Kindergartens thru 8th Child Nutrition Department

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch Menu
Pre-Kindergarten thru 8th

Did you know...

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



4

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

5

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

6

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

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

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

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
Salsa Sauce

12

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 1 ounces
Low Fat Milk

13

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

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

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 1 ounces
Low Fat Milk
Varriety of Dipping Sauce

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

19

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 Grapes
Assorted Fruit Juice
WW Garlic Toast
Low Fat Milk
Ketchup, Ranch Dip

20

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

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

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 1 ounce
Low Fat Milk

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

26

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

27

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

28

Tuna Salad W/Cracker
Salad Dressing
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

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.

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State Meal/Milk Requirement
***Pre-K White Milk Only**



What Makes a Lunch

Select 3-5 Components



One must be a

