



In accordance with Federal law, this institution is an equal opportunity provider and employer. This menu is subject to change.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Sausage egg and toast **1**
or
Muffin and assorted cereal
And Yogurt. Assorted fresh
fruits or juice.
Milk.

Pancake and sausage **2**
or assorted cereal and yogurt.
Assorted fresh fruits or juice.
Milk.

HOLIDAY **5**
Fat free and 1% milk is served daily. Juices are 100% fruit juice. All breads served are whole wheat.

Cinnamon roll and **6**
yogurt or
Assorted cereal and crackers.
Assorted fresh fruits or juice.
Milk.

Grits, eggs and sausage **7**
or
Assorted cereal and muffin.
Assorted fresh fruits or juice.
Milk.

Sausage biscuit or **8**
assorted
cereal and muffin. Assorted
fresh fruits or juice.
Milk.

French toast and eggs **9**
or assorted cereal and
crackers. Assorted fresh fruits
or juice.
Milk.

Sausage link and waffle **12**
or
Assorted cereal and muffin.
Assorted fresh fruits or juice.
Milk.

Breakfast pizza or **13**
assorted cereal and
muffin. Assorted fresh fruits or
juice.
Milk.

Pop tart and yogurt **14**
Or assorted
cereal and muffin. Assorted
fresh fruits or juice.
Milk.

Sausage biscuit or **15**
cereal and
Muffin. Assorted fresh fruits or
juice.
Milk.

Grits, eggs and sausage **16**
or
Assorted cereal and muffin.
Assorted fresh fruits or juice.
Milk.

Sausage egg and toast **19**
Or Muffin and assorted
cereal And Yogurt. Assorted
fresh fruits or juice.
Milk.

Cinnamon roll and **20**
yogurt or
Assorted cereal and crackers.
Assorted fresh fruits or juice.
Milk.

Pancake sausage on a **21**
stick
or assorted cereal and
yogurt.
Assorted fresh fruits or juice.
Milk.

French toast and eggs or **22**
assorted cereal and crackers.
Assorted fresh fruits or juice.
Milk.

Grits, eggs and sausage **23**
or
Assorted cereal and muffin.
Assorted fresh fruits or juice.
Milk.

Sausage link and **26**
waffle or
Assorted cereal and muffin.
Assorted fresh fruits or juice.
Milk.

Breakfast pizza or **27**
assorted
cereal and muffin. Assorted
fresh fruits or juice.
Milk.

Pop tart and yogurt or **28**
assorted
cereal and muffin. Assorted
fresh fruits or juice.
Milk.

Sausage biscuit or **29**
cereal and
Muffin. Assorted fresh fruits
or juice.
Milk.

Grits, eggs and **30**
sausage
or Assorted cereal and muffin.
Assorted fresh fruits or juice.
Milk.



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HOLIDAY

5

Chicken **or** fish sandwich **or** chef salad. With lettuce and tomatoes. Oven baked fries; green beans. Apples; Diced Pear. Milk.

6

BBQ pork on bun **or** sandwich pepperoni pocket **or** chef salad; Sweet potato bites; corn on the cob. Bananas; pineapple chunks. Milk.

7

Corn dogs **or** chicken Salad And roll. Green beans; side salad with lettuce and tomatoes. Apples; pineapple chunks. Milk.

8

Hot dogs with chili **or** turkey Ham sandwich with sweet potato fries; coleslaw. **Or** chef salad with chicken chunks. Peach slices; Pear slices. milk

9

Chicken **or** turkey Sandwich. Lettuce; tomato, sweet potato rounds; broccoli. **Or** chef salad with chicken tenders. Apples or oranges. Milk.

12

Assorted pizza; garden salad; Carrot sticks. **Or** chicken salad With lettuce, tomatoes and corn & roll. Peach slices; pineapple tit bits. Milk.

13

Chicken tenders; green beans steamed carrots **or** chef salad; roll; Brownie. Apples; plums. Milk.

14

Country style beef patties With gravy mashed potatoes; collards. **or** chef salad with turkey ham slices. Bananas; peach slices. Milk.

15

Cheese burger with lettuce Tomatoes; broccoli; oven baked fries **or** chef salad with chicken tenders; roll. Pear slices; oranges. Milk.

16

Chicken alfredo **or** turkey sandwich. Green beans; carrot slices; peach slices; pineapple tit bits. Milk.

19

Honey BBQ wings **or** Corn Dogs. Sweet potato bites; Side salad; celery sticks; oatmeal cookie. Apples; oranges. Milk.

20

Beef spaghetti with garden salad **or** chef salad with chicken tenders, and tomatoes. rolls. Pear slices; oranges. Milk.

21

BBQ pork sliders, **or** fish sandwich. Baked beans; coleslaw. Apples; bananas. Milk.

22

Sloppy Joe **or** chicken tenders. Green beans; oven baked fries. Chocolate chip cookie. Chef salad with roll. Pear slices; pineapple chunks. Milk.

23

Meat loaf **or** chili cheese fries.. Mashed potatoes. Carrot slices. Steamed broccoli. Peach slices; pineapple tit bits. Milk.

26

Chicken fajita wrap **or** Turkey Sandwich with side salad; sweet potato bites. Sliced peaches. Apples. Milk.

27

Cheese burger, oven Baked fries; broccoli **or** assorted pizza, with side salad **or** chef salad with chicken tenders. Bananas; pears. Milk.

28

Baked chicken with rice. Collard greens; black eyed Peas **or** honey BBQ wings **or** chef salad with turkey ham. Apples; plums.

29

Beef **or** chicken tacos. Side Salad, baked beans. Pineapple chunks; peach slices. Milk.

30