

AUGUST 2018

Haywood County Schools (Grades 9-12)



Monday



Tuesday

Student meals are served at no cost. Adult Lunch: \$ 4.00

Wednesday

Thursday

Friday

6
 Pizza Slice
 Glazed Carrots
 Green Beans
 Chilled Diced Pears w/ a Pop
 Frozen Fruit Sidekick®
 Cold Milk Variety

7
 Chicken Fajita w/
 Roasted Peppers & Onions
 Tomato Salsa w/ Tortilla Chips
 Perfect Pinto Beans
 Assorted Fresh Fruit
 Peaches
 Cold Milk Variety

8
 Beef-a-Roni w/ WG Roll
 Corn Niblets
 Broccoli w/ Cheese
 Baked Cinnamon Apples
 100 % Fruit Juice Variety
 Cold Milk Variety
 Cookie Treat w/ Meal

9
 Chef Salad
 w/ Croutons & Crackers
 or
 Deli Sub
 Baked Beans, Broccoli w/ Dip
 Assorted Fresh Fruit
 100 % Fruit Juice Variety
 Cold Milk Variety

10
½ Day Sack Lunch
 Ham & Cheese Sandwich
 Pickle
 Carrots/Broccoli w/ Ranch
 Applesauce & Fresh Fruit Vty.
 Cold Milk Variety

13
 Cheeseburger
 Lettuce / Tomato / Pickle
 Ranch Fries – Green Beans
 Assorted Fresh Fruit
 Frozen Fruit Sidekick®
 Cold Milk Variety

14
 Baked Ham,
 Cornbread
 Turnip Greens
 Blacked-Eyed Peas
 Pineapple Chunks
 Assorted Fresh Fruit
 Cold Milk Variety

15
 Chicken Alfredo w/ a Twist
 Bread Stick (2)
 Cheesy Broccoli
 Whole Kernel Corn
 Applesauce
 100 % Fruit Juice Variety
 Cold Milk Variety
 Cookie Treat with Meal

16
 Ranch Chopped Salad w/ Breadsticks
 Or Chicken Nuggets
 Butter Beans
 Celery Sticks & Cherry Tomatoes
 w/ Ranch
 Assorted Fresh Fruit
 100% Juice Variety
 Cold Milk Variety

17
 Country Steak & Gravy
 w/ WG Roll
 Mashed Potatoes
 Green Peas
 Chilled Mixed Fruit
 100 % Fruit Juice Variety
 Cold Milk Variety

20
 Chicken Sandwich
 Buttery Corn
 Baked Beans
 Chilled Diced Pears w/ a Pop
 Frozen Fruit Sidekick®
 Cold Milk Variety

21
 Grandma's Meatloaf
 w/ WG Roll
 Mashed Potatoes
 Green Peas
 Assorted Fresh Fruit
 Strawberries & Bananas
 Cold Milk Variety

22
 Sweet & Sour Chicken
 w/ Teri-Veggie Lo Mein
 Eggroll
 Oriental Veggies
 Broccoli w/ Cheese
 Mandarin Oranges
 Assorted Fresh Fruit
 Cold Milk Variety
 Fortune Cookie w/ Meal

23
 American Harvest Salad
 w/ Chicken Nuggets & Roll or
 Breaded Chicken Sandwich
 w/ Lettuce & Tomato
 Breaded Okra
 Popeye's Baked Spinach
 Frozen Fruit Sidekick
 Cold Milk Variety

24
 Fish Sticks w/ Hushpuppies(3)
 Glazed Carrots
 White Beans
 Assorted Fresh Fruit
 100 % Fruit Juice Variety
 Cold Milk Variety

27
 Corndog
 Seasoned Green Beans
 Potato Wedges
 Chilled Peach Cup
 Frozen Fruit Sidekick®
 Cold Milk Variety

28
 Italian Spaghetti - Crackers
 Seasoned Green Beans
 Crinkle-Cut Carrots
 Strawberry Cup
 100 % Fruit Juice Variety
 Cold Milk Variety

29
 Turkey Roast w/ Gravy
 WG Roll
 Mashed Potatoes
 Buttery Butter Beans
 Fresh Mixed Fruit Cup
 100 % Fruit Juice Variety
 Cold Milk Variety
 Cookie Treat with Meal

30
 Fiesta Chicken Salad or
 Chicken Quesadilla
 Salsa & Chips
 Perfect Pinto Beans
 Strawberries
 Assorted Fresh Fruit
 Cold Milk Variety

31
 Chicken Philly
 Cheesy Broccoli
 Breaded Okra
 Baked Cinnamon Apples
 Frozen Fruit Sidekick®
 Cold Milk Variety



Students may select from the five components to build a lunch. The components are fruit, grain, meat, vegetables, and milk. A minimum of three different components must be taken to receive meal benefits. A one cup serving of fruit or vegetable or a combination of both must be taken to get lunch at no cost. Whole Grain Rich items are offered daily. Meals without a fruit or vegetable will be charged a la carte pricing. Meals are subject to change based on availability.

This institution is an equal opportunity provider.