LUNCH

AUGUST 2018

Haywood County Schools (Grades 9-12)

Monday	Tuesday	Wednesday	Thursday	Friday
	Student meals are served at no cost. Adult Lunch: $ 4.00	**1** **Grab-N-Go** Yogurt Variety Graham Crackers or Cereal Bar String Cheese Veggies w/ Ranch Fruit Cup 100 % Fruit Juice Variety Cold Milk Variety **Available Daily**	**2** **Every Lunch includes a choice of Non-Fat Flavored Milk or 1% White Milk.**	**3** **½ Day Sack Lunch** Ham & Cheese Sandwich Pickle Carrotts/Broccoli w/ Ranch Applesauce & Fresh Fruit Vty. Cold Milk Variety
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** BBQ Chicken Nachos Creamy Coleslaw Cucumbers & Tomatoes w/ Dip Mixed Fruit Cup Frozen Fruit Sidekick® 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.