

AUGUST 2018

Haywood County Schools (Grades K-8)


Monday

Tuesday
Wednesday
Thursday
Friday


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

6

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

7

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

8

Every Lunch includes a choice of Non-Fat Flavored Milk or 1% White Milk.

2

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

3

BBQ Chicken Nachos
Creamy Coleslaw
Cucumbers & Tomatoes w/ Dip
Mixed Fruit Cup
Frozen Fruit Sidekick®
Cold Milk Variety

10

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

13

Baked Ham,
Cornbread
Turnip Greens
Black-Eyed Peas
Pineapple Tidbits
Assorted Fresh Fruit
Cold Milk Variety

14

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

15

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

16

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

17

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

20

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

21

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

22

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

23

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

24

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

27

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

28

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

29

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

30

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

31

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.

