

DECEMBER 2018

Haywood County Schools (Grades 9-12)



Monday	Tuesday	Wednesday	Thursday	Friday																					
<p>Corndog Buttery Corn Breaded Okra Applesauce Frozen Fruit Sidekick Cold Milk Variety</p> <p>3</p>	<p>Chicken Tetrazzini WG Roll Seasoned Green Beans Sweet Potatoes Pineapple Chunks Fresh Fruit Choice Cold Milk Variety</p> <p>4</p>	<p>Cheeseburger w/ Fries Southern Baked Beans Strawberry Cup Fresh Fruit Choice Sunset Sip Juice Cold Milk Variety Cookie Treat</p> <p>5</p>	<p>Taco Soup w/Tortilla Chips or Mexican Fiestada Cheesy Refried Beans Glazed Carrots Applesauce Fresh Fruit Choice Cold Milk Variety</p> <p>6</p>	<p>Chili Stuffed Baked Potato WG Crackers Steamed Broccoli Fresh Fruit Choice Frozen Fruit Sidekick® Cold Milk Variety</p> <p>7</p>																					
<p>Pizza Slice Glazed Carrots Green Beans Applesauce Frozen Fruit Sidekick® Cold Milk Variety</p> <p>10</p>	<p>Chicken Fajita w/ Roasted Peppers & Onions Tomato Salsa w/ Tortilla Chips Perfect Pinto Beans Peaches 100 % Fruit Juice Cold Milk Variety</p> <p>11</p>	<p>Beef-a-Roni w/ WG Roll Corn Niblets Black-Eyed Peas Mixed Fruit Cup 100 % Fruit Juice Cold Milk Variety Cookie Treat w/ Meal</p> <p>12</p>	<p>Chicken Smackers Broccoli & Cheese Stuffed Baked Potato WG Roll Assorted Fresh Fruit 100 % Fruit Juice Cold Milk Variety</p> <p>13</p>	<p>BBQ Chicken Nachos Creamy Coleslaw Sweet Potatoes Assorted Fresh Fruit Frozen Fruit Sidekick® Cold Milk Variety</p> <p>14</p>																					
<p>Country Steak &Gravy w/ WG Roll Ranch Mashed Potatoes Green Peas Chilled Mixed Fruit Frozen Fruit Sidekick® Cold Milk Variety</p> <p>17</p>	<p>Chicken & Waffles Cheesy Broccoli Sweet Potatoes Applesauce 100 % Fruit Juice Cold Milk Variety</p> <p>18</p>	<p>Spaghetti Crackers, WG Turnip Greens Black-Eyed Peas Mixed Fruit Cup Assorted Fresh Fruit Cold Milk Variety Cookie Treat with Meal</p> <p>19</p>	<p>Cheeseburger Ranch Fries Seasoned Green Beans Assorted Fresh Fruit Frozen Fruit Sidekick® Cold Milk Variety</p> <p>20</p>	<p><i>Enjoy Your Winter Break!</i> Happy Holidays!</p> <p>21</p>																					
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<p><i>Enjoy Your Winter Break!</i> Happy Holidays!</p> <p>31</p>	<p>Grab-N-Go</p> <table border="0"> <tr> <td>Yogurt Variety</td> <td>or</td> <td>Sandwich Variety</td> </tr> <tr> <td>Breakfast Bar or Muffin</td> <td></td> <td>Dill Pickle Spear</td> </tr> <tr> <td>String Cheese</td> <td></td> <td>Mini Rice Krispy Treat</td> </tr> <tr> <td>Mixed Veggies w/ Ranch</td> <td></td> <td>Mixed Veggies w/ Ranch</td> </tr> <tr> <td>Fruit Cup</td> <td></td> <td>Fruit Cup</td> </tr> <tr> <td>100 % Fruit Juice</td> <td></td> <td>100 % Fruit Juice</td> </tr> <tr> <td>Cold Milk Variety</td> <td></td> <td>Cold Milk Variety</td> </tr> </table> <p>(Not available at the Sunny Hill Campus)</p>				Yogurt Variety	or	Sandwich Variety	Breakfast Bar or Muffin		Dill Pickle Spear	String Cheese		Mini Rice Krispy Treat	Mixed Veggies w/ Ranch		Mixed Veggies w/ Ranch	Fruit Cup		Fruit Cup	100 % Fruit Juice		100 % Fruit Juice	Cold Milk Variety		Cold Milk Variety
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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. Student meals are served at no cost. Adult Lunch: \$ 4.00