

OCTOBER 2019



Haywood County Schools Grades 6-8

Monday	Tuesday	Wednesday	Thursday	Friday
SMART MOUTH PIZZA Served daily Cheese or Pepperoni Flavor of the Month: Cheeseburger HMS & HHS Only	Rotel Chicken Spaghetti WG Roll Steamed Broccoli Buttery Corn Chilled Fruit Variety Frozen Fruit Sidekick®	Cheeseburger Ranch Fries Green Beans Chilled Fruit Variety 100 % Fruit Juice Cookie Treat	1/2 Day Sack Lunch Parent Teacher Conference	Students Do Not Attend4
Fall	Fall 3	Fall 6	Fall 3	Fall
Chicken Smackers w/ Cornbread Sweet Potatoes Green Beans Fresh Fruit Choice 100 % Fruit Juice	Country Steak &Gravy W/ WG Roll Mashed Potatoes Green Peas Chilled Mixed Fruit Frozen Fruit Sidekick®	Turkey & Cheese Hoagie 6 Dill Pickle Spear Buttery Butter Beans Cheesy Broccoli Chilled Fruit Variety 100 % Fruit Juice Cookie Treat	Corndog Seasoned Fries Glazed Carrots Fresh Fruit Choice 100 % Fruit Juice	Beefy Nachos w/ Salsa 18 Perfect Pinto Beans Mexicali Corn Fresh Fruit Choice Frozen Fruit Sidekick®
Cheeseburger Fries Green Beans Fresh Fruit Choice 100 % Fruit Juice	Spaghetti Crackers, WG Turnip Greens Blacked-Eyed Peas Chilled Fruit Variety Frozen Fruit Sidekick®	Chicken & Waffles Cheesy Broccoli Glazed Carrots Chilled Fruit Variety 100 % Fruit Juice Cookie Treat	Beef & Bean Burrito w/ Salsa4 Mexicali Corn Perfect Pinto Beans Fresh Fruit Choice 100 % Fruit Juice	Beef Hotdog Ranch Fries Glazed Carrots Fresh Fruit Choice Frozen Fruit Sidekick®
Chicken Sandwich Sweet Potatoes Cheesy Broccoli Fresh Fruit Choice 100 % Fruit Juice	BBQ Chicken Nachos Creamy Coleslaw Southern Baked Beans Chilled Fruit Variety Frozen Fruit Sidekick®	Cheeseburger Ranch Fries Green Beans Chilled Fruit Variety 100 % Fruit Juice Cookie Treat	Frito Chili Pie Buttery Corn Perfect Pinto Beans Fresh Fruit Choice Chilled Fruit 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. Meals without a fruit or vegetable will be charged a la carte pricing. A choice of white and flavored 1% milk is offered daily. Meals are subject to change based on availability.