

## **OCTOBER 2019**



## **Haywood County Schools Grades 9-12**

Monday Tuesday Wednesday Friday **Thursday ACT and ASVAB Testing** Cheeseburger 1/2 Day Sack Lunch SMART MOUTH PIZZA Students Do Not Attend Ranch Fries Parent Teacher Conference Served daily Green Beans **Cheese or Pepperoni** PROGRESS Chilled Fruit Variety Flavor of the Month: 100 % Fruit Juice Cheeseburger Cookie Treat Sack Lunch **HMS & HHS Only** Turkey & Cheese Hoagie Chicken Smackers Country Steak &Gravy Beefy Nachos w/ Salsa Corndog w/ Cornbread Perfect Pinto Beans Dill Pickle Spear w/ WG Roll Seasoned Fries Sweet Potatoes Mashed Potatoes **Buttery Butter Beans** Mexicali Corn Glazed Carrots Green Beans Green Peas Cheesy Broccoli Fresh Fruit Choice Fresh Fruit Choice Fresh Fruit Choice Chilled Fruit Variety Chilled Mixed Fruit Frozen Fruit Sidekick® 100 % Fruit Juice 100 % Fruit Juice Frozen Fruit Sidekick® 100 % Fruit Juice Cookie Treat Beef & Bean Burrito w/ Salsa Cheeseburger Spaghetti Chicken & Waffles Beef Hotdog Ranch Fries Crackers, WG Cheesy Broccoli Fries Mexicali Corn **Turnip Greens Glazed Carrots** Glazed Carrots Green Beans Perfect Pinto Beans Blacked-Eyed Peas Chilled Fruit Variety Fresh Fruit Choice Fresh Fruit Choice Fresh Fruit Choice Chilled Fruit Variety 100 % Fruit Juice Frozen Fruit Sidekick® 100 % Fruit Juice 100 % Fruit Juice Frozen Fruit Sidekick® Cookie Treat Chicken Sandwich **BBQ Chicken Nachos** Cheeseburger Frito Chili Pie **Sweet Potatoes** Creamy Coleslaw Ranch Fries **Buttery Corn** Southern Baked Beans Green Beans Cheesy Broccoli Perfect Pinto Beans Fresh Fruit Choice Chilled Fruit Variety Chilled Fruit Variety Fresh Fruit Choice 100 % Fruit Juice Frozen Fruit Sidekick® 100 % Fruit Juice Chilled Fruit Variety Cookie Treat Sunset Sip Juice

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.