

# SEPTEMBER 2018

## Haywood County Schools (Grades K-5)



Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>3</b></p>	<p><b>4</b></p> <p>Walking Taco w/ Salsa Mexicala Corn Cheesy California Veggies Chilled Peaches 100% Fruit Juice Variety Cold Milk Variety</p>	<p><b>5</b></p> <p>Pizza Slice Fries Green Beans Fruit Cocktail Fruit Juice Variety Cold Milk Variety Cookie Treat</p>	<p><b>6</b></p> <p>Grilled Chicken Sandwich Sweet Potatoes Cheesy Broccoli Assorted Fresh Fruit Frozen Fruit Sidekick® Cold Milk Variety</p>	<p><b>7</b></p> <p>BBQ Sandwich Creamy Coleslaw Southern Baked Beans Frozen Fruit Sidekick® Pears w/ a Pop Frozen Fruit Sidekick® Cold Milk Variety</p>
<p><b>10</b></p> <p>Pizza Slice Breaded Okra Green Beans w/ Potatoes Fruit Cocktail Frozen Fruit Sidekick® Cold Milk Variety</p>	<p><b>11</b></p> <p>Turkey Roast w/ Gravy WG Roll Mashed Potatoes Buttery Butter Beans Chilled Peach Cup 100 % Fruit Juice Variety Cold Milk Variety</p>	<p><b>12</b></p> <p>Cheeseburger Lettuce / Tomato / Pickle Ranch Fries – Green Beans Strawberry Cup Fruit Juice Variety Cold Milk Variety Cookie Treat</p>	<p><b>13</b></p> <p>Chef Salad w/ Croutons &amp; Crackers or Deli Sub Glazed Carrots Broccoli w/ Dip Assorted Fresh Fruit Frozen Fruit Sidekick® Cold Milk Variety</p>	<p><b>14</b></p> <p>Beef Hotdog Baked Beans Cucumbers &amp; Tomatoes w/ Dip Mixed Fruit Cup Fruit Juice Variety Cold Milk Variety</p>
<p><b>17</b></p> <p>Country Steak &amp;Gravy w/ WG Roll Mashed Potatoes Green Peas Chilled Mixed Fruit 100 % Fruit Juice Variety Cold Milk Variety</p>	<p><b>18</b></p> <p>Ham &amp; Cheese Hoagie Dill Pickle Spear Breaded Okra Steamed Spinach Pears w/ a Pop 100 % Fruit Juice Variety Cold Milk Variety</p>	<p><b>19</b></p> <p>Rotel Chicken Spaghetti WG Roll Cheesy California Veggies Glazed Carrots Applesauce 100 % Fruit Juice Variety Cold Milk Variety Cookie Treat</p>	<p><b>20</b></p> <p>Chicken Smackers WG Biscuit Butter Beans Celery Sticks &amp; Cherry Tomatoes w/ Ranch Assorted Fresh Fruit Frozen Fruit Sidekick® Cold Milk Variety</p>	<p><b>21</b></p> <p>Cheeseburger Lettuce / Tomato / Pickle Ranch Fries – Green Beans Assorted Fresh Fruit Frozen Fruit Sidekick® Cold Milk Variety</p>
<p><b>24</b></p> <p>Breaded Chicken Sandwich Glazed Carrots Baked Beans Diced Pears w/ a Pop Frozen Fruit Sidekick® Cold Milk Variety</p>	<p><b>25</b></p> <p>Pizza Slice Mashed Potatoes Green Peas Strawberries Assorted Fresh Fruit Cold Milk Variety</p>	<p><b>26</b></p> <p>Sweet &amp; Sour Chicken w/ Teri-Veggie Lo Mein Oriental Veggies Steamed Fresh Broccoli Mandarin Oranges Assorted Fresh Fruit Cold Milk Variety Fortune Cookie</p>	<p><b>27</b></p> <p>Taco Salad w/ Salsa &amp; Chips Or Mexican Fiestada Perfect Pinto Beans Breaded Okra Applesauce Fresh Fruit Choice Cold Milk Variety</p>	<p><b>28</b></p> <p>Chicken Philly Buttery Butter Beans Sweet Corn Niblets Assorted Fresh Fruit Frozen Fruit Sidekick® Cold Milk Variety</p>

Student meals are served at no cost. Adult Lunch: \$ 4.00

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

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.