

NOVEMBER 2018

Haywood County Schools (Grades 6-8)



Monday

Tuesday

Wednesday

Thursday

Friday

Grab-N-Go

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



5
Country Steak & Gravy
w/ WG Roll
Mashed Potatoes
Green Peas
Chilled Mixed Fruit
Frozen Fruit Sidekick®
Cold Milk Variety

Stockpile Day



7
Rotel Chicken Spaghetti
WG Roll
Cheesy California Veggies
Glazed Carrots
Applesauce
100 % Fruit Juice Variety
Cold Milk Variety
Cookie Treat

1
Taco Soup w/Tortilla Chips
or
Mexican Fiestada
Cheesy Refried Beans
Glazed Carrots
Applesauce
Fresh Fruit Choice
Cold Milk Variety

2
Beef Hotdog
Ranch Fries
Baked Beans
Mixed Fruit Cup
Fruit Juice Variety
Cold Milk Variety

8
Turkey & Dressing
w/ Gravy & Cranberry Sauce
Mashed Sweet Potatoes
Seasoned Green Beans
Corn Pudding
Strawberries/Assorted Fresh Fruit
Cold Milk Variety

9
BBQ Sandwich
Creamy Coleslaw
Southern Baked Beans
Frozen Fruit Sidekick®
Pears w/ a Pop
100% Fruit Juice Variety
Cold Milk Variety

12
Turkey & Cheese Hoagie
Dill Pickle Spear
Breaded Okra
Glazed Carrots
Pears w/ a Pop
Frozen Fruit Sidekick®
Cold Milk Variety

13
White Chicken Chili
w/ Jalapeno Cornbread
or
Italian Grilled Chicken Sandwich
Sweet Potatoes
Cheesy Broccoli
Pineapple Chunks
100% Fruit Juice Variety
Cold Milk Variety

14
Pizza Slice
Crispy Tater Tots
Seasoned Green Beans
Fruit Cocktail
Fruit Juice Variety
Cold Milk Variety
Cookie Treat

15
Vegetable Beef Soup
w/ Grilled Cheese
Buttery Corn
Cheesy California Veggies
Fresh Fruit Choice
100% Fruit Juice Variety
Cold Milk Variety

16
Cheeseburger
Lettuce / Tomato / Pickle
Ranch Fries
Perfect Pinto Beans
Assorted Fresh Fruit
Frozen Fruit Sidekick®
Cold Milk Variety



26
Pizza Slice
Ranch Mashed Potatoes
Green Peas
Strawberries
Frozen Fruit Sidekick®
Cold Milk Variety

27
Breakfast for Lunch
Scrambled Eggs
Sausage Links
Pancakes
Hashbrowns
Sunset Sip Juice
Fruit Cup/ Assorted Fresh Fruit
Cold Milk Variety

28
Chicken Philly
Green Beans w/ Potatoes
Breaded Okra
Applesauce
100 % Fruit Juice Variety
Cold Milk Variety
Cookie Treat

29
Chili w/ WG Crackers
or
Deli Sub
Sweet Potatoes
Cheesy Broccoli
Assorted Fresh Fruit
Frozen Fruit Sidekick®
Cold Milk Variety

30
Spicy Chicken Sandwich
Seasoned Fries
Baked Beans
Assorted Fresh Fruit
Frozen Fruit Sidekick®
Cold Milk 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. 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