

NOVEMBER 2018

Haywood County Schools (Grades 9-12)



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
 (Not available at the Sunny Hill Campus)



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

Stockpile Day **6**



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

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

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

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

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

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

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

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

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

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



Chili w/ WG Crackers **26**
 or
 Deli Sub
 Sweet Potatoes
 Cheesy Broccoli
 Assorted Fresh Fruit
 Frozen Fruit Sidekick®
 Cold Milk Variety

Pizza Slice **27**
 Ranch Mashed Potatoes
 Green Peas
 Assorted Fresh Fruit
 Strawberries
 Cold Milk Variety

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

Breakfast for Lunch **29**
 Scrambled Eggs
 Sausage Links
 Pancakes
 Hashbrowns
 Sunset Sip Juice
 Fruit Cup/ Assorted Fresh Fruit
 Cold Milk Variety

Spicy Chicken Sandwich **30**
 Glazed Carrots
 Baked Beans
 Chilled Diced Pears w/ a Pop
 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