

MAY 2019 Haywood County Schools (East Side)



Monday

Tuesday

Wednesday

Turkey & Cheese Hoagie

Dill Pickle Spear

Thursday

Chicken Nuggets

WG Roll

Butter Beans

Veggies w/ Ranch

Assorted Fresh Fruit

Chilled Fruit Variety

Cold Milk Variety

Friday

Taco Spaghetti Crackers, WG **Turnip Greens**

Breaded Okra **Glazed Carrots** Chilled Fruit Variety 100 % Fruit Juice Variety

Cold Milk Variety Cookie Treat Beef Hotdog Ranch Fries Green Beans Chilled Fruit Cup

Chicken Nuggets & Roll Sweet Potatoes Veggies w/ Ranch **Baked Cinnamon Apples** Assorted Fresh Fruit Cold Milk Variety

Mexican Fiestada Perfect Pinto Beans **Sweet Potatoes** Chilled Fruit Variety Frozen Fruit Sidekick® Cold Milk Variety

Chicken Sandwich **Glazed Carrots** Cheesy Broccoli Chilled Fruit Variety Frozen Fruit Sidekick® Cold Milk Variety

Blacked-Eyed Peas Chilled Fruit Variety Assorted Fresh Fruit Cold Milk Variety

100 % Fruit Juice Variety Cold Milk Variety Cookie Treat with Meal

Sack Lunch Sandwich Variety Dill Pickle Spears Veggies w/ Dip Assorted Fresh Fruit 100 % Fruit Juice Variety Cold Milk Variety

Chicken & Waffles Cheesy Broccoli **Glazed Carrots** Chilled Fruit Variety 100 % Fruit Juice Variety Cold Milk Variety

Steak & Gravy WG Roll Mashed Potatoes Green Peas Chilled Fruit Variety Assorted Fresh Fruit Cold Milk Variety

Chicken Sandwich **Glazed Carrots Baked Beans** Chilled Fruit Variety Frozen Fruit Sidekick® Cold Milk Variety Cookie Treat

Pizza Slice Fresh Side Salad **Buttery Corn** Assorted Fresh Fruit Chilled Fruit Variety Cold Milk Variety

Cheeseburger Ranch Fries Green Beans Chilled Fruit Variety 100 % Fruit Juice Variety Cold Milk Variety

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

Rotel Chicken Spaghetti WG Roll Steamed Broccoli Sweet Potatoes Chilled Fruit Variety Assorted Fresh Fruit Cold Milk Variety

Corndog Potato Wedges Green Beans Chilled Fruit Variety 100 % Fruit Juice Variety Cold Milk Variety Cookie Treat with Meal

Manager's Choice Perfect Pinto Beans Veggies w/ Ranch Chilled Fruit Variety Assorted Fresh Fruit Cold Milk Variety

Sack Lunch Sandwich Variety Dill Pickle Spears Carroteenies w/ Dip Assorted Fresh Fruit 100 % Fruit Juice Variety Cold Milk Variety



On Field Days sack lunches will be provided.



30

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.