

## SEPTEMBER 2019 Haywood County Schools Grades 9-12



## Friday Monday Tuesday Wednesday **Thursday** Rotel Chicken Spaghett Cheeseburger Chef Salad Spicy Chicken Sandwick California Mixed Veggies WG Roll w/ Croutons & Crackers Ranch Fries **Baked Beans** Steamed Broccoli Green Beans Broccoli w/ Dip Fresh Fruit Choice Chilled Fruit Variety **Buttery Corn** Fresh Fruit Choice Chilled Fruit Variety Frozen Fruit Sidekick® 100 % Fruit Juice 100 % Fruit Juice Frozen Fruit Sidekick® Cookie Treat Turkey & Cheese Hoagier 13 Chicken Smackers Country Steak &Gravy Dill Pickle Spear Corndog w/ Cornbread w/ WG Roll **Buttery Butter Beans** Seasoned Fries Tomcat Football **Sweet Potatoes** Cheesy Broccoli Mashed Potatoes **Glazed Carrots** Homecoming Green Beans Chilled Fruit Variety Green Peas Fresh Fruit Choice Fresh Fruit Choice ½ Dav Chilled Mixed Fruit 100 % Fruit Juice 100 % Fruit Juice 100 % Fruit Juice Frozen Fruit Sidekick® Cookie Treat Sack Lunch 20 16 18 Chicken & Waffles Spaghetti Beef & Bean Burrito w/ Sals Beef Hotdoa Cheeseburger Crackers, WG Cheesy Broccoli Ranch Fries Fries Mexicali Corn **Glazed Carrots Turnip Greens** Glazed Carrots Green Beans Perfect Pinto Beans Chilled Fruit Variety Blacked-Eyed Peas 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 25 26 27 BBQ Chicken Nachos Steak Fingers Chicken Sandwich Cheeseburger Frito Chili Pie Creamy Coleslaw Ranch Fries w/ WG Roll **Sweet Potatoes Buttery Corn** Southern Baked Beans **Glazed Carrots** Cheesy Broccoli Green Beans Perfect Pinto Beans Fresh Fruit Choice Chilled Fruit Variety Chilled Fruit Variety Steamed Mixed Veggies Fresh Fruit Choice Fresh Fruit Choice 100 % Fruit Juice Frozen Fruit Sidekick® 100 % Fruit Juice Chilled Fruit Variety Cookie Treat Frozen Fruit Sidekick® Sunset Sip Juice **SMART MOUTH PIZZA** 30 Crazy Tacos Served daily Tomato Salsa **Cheese or Pepperoni** Perfect Pinto Beans **Sweet Potatoes** Flavor of the Month: Fresh Fruit Choice **Hot Wing Pizza** 100 % Fruit Juice **HMS & HHS Only**

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.