

## JANUARY 2022 Haywood County Schools: HMS Menu



•	Monday	Tuesday	Wednesday	<ul><li>Thursday</li></ul>	<ul><li>Friday</li></ul>
•	Professional Development	Professional Development	Sloppy Joe Sweet Potatoes Green Beans Chilled Fruit Variety Frozen Fruit Sidekick	BBQ Sandwich Baked Beans Creamy Coleslaw Fresh Fruit Variety 100% Fruit Juice	Smart Mouth BBQ Chicken Pizza California Blend Veggies Celery w/ Ranch Fresh Fruit Variety 100% Fruit Juice
•	Chicken Sandwich Ranch Fries Green Beans Chilled Fruit Variety 100% Fruit Juice	Taco Soup Tortilla Chips w/ Salsa Steamed Broccoli Chilled Fruit Variety 100% Fruit Juice	Turkey Roast Roll Mashed Potatoes Green Peas Chilled Fruit Variety Frozen Fruit Sidekick	Spaghetti Corn Bread Black-eyed Peas Turnip Greens Fresh Fruit Variety 100% Fruit Juice	Smart Mouth BBQ Chicken Pizza Baked Beans Carroteenies w/ Ranch Fresh Fruit Variety 100% Fruit Juice
	Jane a Date DAY.	Country Steak & Gravy 18  w/ Roll  Mashed Potatoes  Green Peas  Chilled Fruit Variety  100% Fruit Juice	Chili Stuffed Potato Sun Chips Cheesy Broccoli Chilled Fruit Variety Frozen Fruit Sidekick	Hot Dog Ranch Fries Baked Beans Fresh Fruit Variety 100% Fruit Juice	Smart Mouth BBQ Chicken Pizza California Blend Veggies Carroteenies w/ Ranch Fresh Fruit Variety 100% Fruit Juice
4	Cheeseburger Seasoned Fries Baked Beans Chilled Fruit Variety 100% Fruit Juice	Chicken Quesadilla Perfect Pinto Beans Mexicali Corn Chilled Fruit Variety 100% Fruit Juice	Sloppy Joe Glazed Carrots Green Beans Chilled Fruit Variety Frozen Fruit Sidekick	Chili w/ Crackers Steamed Broccoli Sweet Potatoes Fresh Fruit Variety 100% Fruit Juice	Smart Mouth BBQ Chicken Pizza Baked Beans Carroteenies w/ Ranch Fresh Fruit Variety 100% Fruit Juice
	Chicken Sandwich Ranch Fries Green Beans Chilled Fruit Variety 100% Fruit Juice	se	udent meals are erved at no cost. ult Lunch; \$4.00		

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 at a la carte pricing. A choice of white and flavored 1% milk is offered daily. Due to supply chain issues, menu items are subject to change.