

AUGUST 2023



Haywood County Schools Grades 9-12 Menu

Monday

Deli Bistro Box Deli Sandwich

Goldfish Carroteenies & Celery Sticks

Raisins

w/ Ranch **Dragon Punch Applesauce**

Cheeseburger **Seasoned Fries Green Beans Chilled Fruit Variety** 100% Fruit Juice

14 **Hot Dog Seasoned Fries Cheesy Broccoli Chilled Fruit Variety** 100% Fruit Juice

Chicken Sandwich Ranch Fries Green Beans Chilled Fruit Variety 100% Fruit Juice

Chick Pick Sandwich **California Blend Veggies Seasoned Fries Chilled Fruit Variety** 100% Fruit Juice

Tuesday

Student meals are served at no cost.

Adult Lunch: \$4.00

Chicken Rotel Spaghetti WG Breadstick Steamed Broccoli **Sweet Potatoes Chilled Fruit Variety** Frozen Fruit Sidekick

Beefy Nachos Salsa **Perfect Pinto Beans Buttery Corn Chilled Fruit Variety** Frozen Fruit Sidekick

Country Steak & Grav w/ Roll **Mashed Potatoes Green Peas Chilled Fruit Variety** Frozen Fruit Sidekick

Popcorn Chicken Bowlo w/ Biscuit Cheesy Broccoli **Sweet Potatoes Chilled Fruit Variety** Frozen Fruit Sidekick

Wednesday



Corn Dog Glazed Carrots **Butter Beans** Fresh Fruit Variety 100% Fruit Juice

Pork Rib Patty On Bun 6 **Baked Beans** Coleslaw **Chilled Fruit Variety** 100% Fruit Juice

Chicken & Waffles **Cheesy Broccoli Sweet Potatoes Chilled Fruit Variety** 100% Fruit Juice

Beef & Bean Burrito w/ Salsa **Buttery Corn Perfect Pinto Beans** Fresh Fruit Variety **100% Fruit Juice**

Thursday

NATIONAL WATERMELON DAY

Chef Salad Croutons & Crackers or Bistro Box Fresh Fruit Variety 100% Fruit Juice

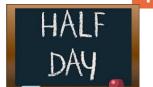
Ranch Parmesan Chicken Pasta w/ Roll **Sweet Potatoes Green Beans Fresh Fruit Variety** 100% Fruit Juice

Ranch Chicken Cobb Salad w/ Sunchips (1.5oz) or Bistro Box **Fresh Fruit Variety** 100% Fruit Juice

> Spaghetti WG Roll **Black-eved Peas Turnip Greens** Fresh Fruit Variety 100% Fruit Juice

Friday

Sack Lunch



Cheese or Pepperoni Pizza or Bistro Box Garden Side Salad Carroteenies w/ Ranch Fresh Fruit Frozen Fruit Sidekick

Cheese or Pepperoni Pizza or Bistro Box Garden Side Salad Carroteenies w/ Ranch Fresh Fruit Frozen Fruit Sidekick

Cheese or Pepperoni Pizza or Bistro Box Garden Side Salad Carroteenies w/ Ranch Fresh Fruit Frozen Fruit Sidekick

> Yogurt Bistro Box Yogurt Vty

Cheese Stick Blueberry Muffin 2oz. Cinnamon Tiger Bites Broccoli w/ Ranch Fresh Fruit Vty 100% Fruit Juice

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% or fat free milk is offered daily.