



September 2017 High School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pork Chop Mashed Potatoes w/Gravy Seasoned or Italian Green Beans Fresh Fruit Chilled Strawberries Southern Butter Roll Cake Milk
4 	5 Crispy or Soft Beef Taco Shredded Cheese Cup Shredded Lettuce & Chopped Tomato Golden Corn Fresh Fruit Chilled Mandarin Oranges Cinnamon Roll Milk	6 Meatsauce Spaghetti Cauliflower w/Cheese Fresh Fruit Chilled Applesauce Garlic Roll Milk	7 Red or White Beans w Sausage Links Rice Popeye Salad Fresh Fruit Chilled Strawberries French Bread Milk	8 Chicken & Sausage Gumbo Rice Potato Salad Seasoned Green Peas Fresh Fruit Chilled Pears Southern Butter Roll Brownie Milk 
11 Chicken & Sausage Jambalaya Seasoned or Italian Green Beans Glazed Carrots Fresh Fruit Chilled Strawberries Southern Butter Roll Milk	12 Crispy or Soft Beef Taco Shredded Cheese Cup Lettuce & Chopped Tomato Golden Corn Fresh Fruit Chilled Peaches Cinnamon Roll Milk	13 Lasagna Creamed Spinach Fresh Fruit Chilled Mandarin Oranges Garlic Roll Milk WATERMELON NUTRITION DAY 	14 Red or White Beans w Chicken Smackers Rice Cauliflower w/Cheese Fresh Fruit Chilled Pears Cornbread Milk	15 Shepard's Pie Italian Salad Fresh Fruit Chilled Tropical Fruit Southern Butter Roll Rice Krispie Milk
18 Beef Stew Rice Carrot Soufflé Seasoned or Italian Green Beans Fresh Fruit Chilled Mixed Fruit Southern Butter Roll Milk	19 Crispy or Soft Beef Taco Shredded Cheese Cup Lettuce & Chopped Tomato Golden Corn Fresh Fruit Chilled Mandarin Oranges Cinnamon Roll Milk	20 Meatsauce Spaghetti Broccoli w/Cheese Fresh Fruit Chilled Pears Garlic Roll Milk	21 Red or White Beans w Sausage Links Rice Caesar Salad Fresh Fruit Chilled Applesauce French Bread Milk	22 Chicken and Sausage Gumbo Rice Potato Salad Seasoned Green Peas Fresh Fruit Chilled Peaches Southern Butter Roll Brownie Milk
25 Shepard's Pie Glazed Carrots Fresh Fruit Chilled Applesauce Southern Butter Roll Milk	26 Crispy or Soft Beef Taco Shredded Cheese Cup Lettuce & Chopped Tomato Golden Corn Fresh Fruit Chilled Pears Cinnamon Roll Milk	27 Meatballs in Red gravy Spaghetti Broccoli w/Cheese Fresh Fruit Chilled Peaches Garlic Roll Milk	28 Red/White Beans w/ Chicken Smackers Rice Caesar Salad Fresh Fruit Chilled Applesauce Cornbread Milk	29 Pork Chop Mashed Potatoes w/Gravy Seasoned or Italian Green Beans Fresh Fruit Chilled Strawberries Southern Butter Roll Cake Milk

