

DEMOPOLIS CITY SCHOOLS MENUS

September-19

DEMOPOLIS MIDDLE SCHOOL

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY	3 WAFFLE HAM CEREAL YOGURT JUICE CHOICE OF MILK	4 BISCUIT SAUSAGE CEREAL YOGURT JUICE CHOICE OF MILK	5 PANCAKES HAM CEREAL YOGURT JUICE CHOICE OF MILK	6 CINNAMON TOAST SAUSAGE PATTY CEREAL YOGURT JUICE CHOICE OF MILK
9 MUFFIN SAUSAGE LINKS CEREAL YOGURT JUICE CHOICE OF MILK	10 FRENCH TOAST HAM YOGURT CEREAL JUICE CHOICE OF MILK	11 GRITS & EGG BOAT SAUSAGE CEREAL YOGURT JUICE CHOICE OF MILK	12 BISCUITS SAUSAGE CEREAL YOGURT JUICE CHOICE OF MILK	13 CROISSANT SAUSAGE PATTY CEREAL YOGURT JUICE CHOICE OF MILK
16 BISCUIT SAUSAGE CEREAL YOGURT JUICE CHOICE OF MILK	17 BREAKFAST PIZZA CEREAL YOGURT JUICE CHOICE OF MILK	18 PANCAKES HAM CEREAL YOGURT JUICE CHOICE OF MILK	19 BISCUIT SAUSAGE & EGG CEREAL YOGURT JUICE CHOICE OF MILK	20 WAFFLE SAUSAGE LINKS CEREAL YOGURT JUICE CHOICE OF MILK
23 BREAKFAST PIZZA SAUSAGE DOG CEREAL YOGURT JUICE CHOICE OF MILK	24 WAFFLE HAM CEREAL YOGURT JUICE CHOICE OF MILK	25 BISCUIT SAUSAGE CEREAL YOGURT JUICE CHOICE OF MILK	26 PANCAKES HAM CEREAL YOGURT JUICE CHOICE OF MILK	27 CINNAMON TOAST SAUSAGE PATTY CEREAL YOGURT JUICE CHOICE OF MILK
30 MUFFIN SAUSAGE LINKS CEREAL YOGURT JUICE CHOICE OF MILK	1 FRENCH TOAST HAM YOGURT CEREAL JUICE CHOICE OF MILK	2 GRITS & EGG BOAT SAUSAGE CEREAL YOGURT JUICE CHOICE OF MILK	3 BISCUIT SAUSAGE CEREAL YOGURT JUICE CHOICE OF MILK	4 CROISSANT SAUSAGE PATTY CEREAL YOGURT JUICE CHOICE OF MILK

This menu is subject to change.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

DEMOPOLIS CITY SCHOOLS MENUS

September-19

DEMOPOLIS MIDDLE SCHOOL

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY	3 FISH NUGGETS QUESADILLA COLE SLAW BAKED BEANS OKRA & TOMATOES HUSHPUPIES FRUIT CHOICE OF MILK	4 SWEET & SOUR CHICKEN STEAK NUGGETS GARDEN SALAD BLACK-EYED PEAS BROWN RICE CORNBREAD MUFFINS FRUIT CHOICE OF MILK	5 LASAGANA ROLLS TURKEY & CHEESE WRAP STEAMED BROCCOLI BABY CARROTS YAMS ROLL FRUIT CHOICE OF MILK	6 CHEESEBURGER PIZZA LETTUCE & TOMATO BAKED BEANS FRENCH FRIES FRUIT CHOICE OF MILK
9 HAMBURGER CHICKEN SANDWICH LETTUCE & TOMATO COB CORN TATER TOTS COWBOY BEANS FRUIT CHOICE OF MILK	10 HAM & CHEESE SANDWICH CRISPIITOS LETTUCE & TOMATO GREEN BEANS FRENCH FRIES DILL SLICES FRUIT CHOICE OF MILK	11 BBQ PORK SANDWICH CORN DOG BROCCOLI & CHEESE BAKED POTATO GARDEN SALAD/DRESSING ROLL FRUIT CHOICE OF MILK	12 CHICKEN TENDERS TURKEY & CHEESE WRAP ENGLISH PEAS CALIFORNIA VEGETABLES MASHED POTATOES ROLL FRUIT CHOICE OF MILK	13 MEXICAN BURRITO GRILLED CHICKEN FAJITA TORTILLA LETTUCE, TOMATO, CHEESE BROWN RICE SEASONED PINTO BEANS FRUIT CHOICE OF MILK
16 BAKED FISH BREADED CHICKEN PATTY TURNIP GREENS BLACK-EYED PEAS SQUASH CORNBREAD MUFFINS FRUIT CHOICE OF MILK	17 SPICY CHICKEN PATTY SPAGHETTI W/MEAT SAUCE BABY CARROTS GREEN SALAD/DRESSING GREEN PEAS ROLL JELL-O W/FRUIT CHOICE OF MILK	18 BAKED CHICKEN SALISBURY STEAK/GRAVY BAKED SWEET POTATO BROCCOLI & CHEESE RICE ROLL FRUIT CHOICE OF MILK	19 BAKED HAM CHICKEN ALFREDO PEAS & CARROTS WHOLE KERNEL CORN SPINACH SALAD/DRESSING ROLL FRUIT CHOICE OF MILK	20 CHICKEN NUGGETS HOTDOG GREEN SALAD/DRESSING BAKED BEANS BAKED FRIES FRUIT CHOICE OF MILK
23 MEAT LOAF CHICKEN PATTY TURNIP GREENS LIMA BEANS BROWN RICE CORNBREAD MUFFINS FRUIT CHOICE OF MILK	24 BEEF PATTY OVEN FRIED CHICKEN GREEN BEANS OKRA & TOMATOES COB CORN ROLL FRUIT CHOICE OF MILK	25 SPAGHETTI MEAT/SAUCE CHICKEN BITES SALAD W/DRESSING BABY CARROTS RAW STIR FRY BREAD STICK FRUIT CHOICE OF MILK	26 MANDARIN CHICKEN BOWL STEAK NUGGETS SWEET PEAS & CARROTS BROWN RICE CORN CORNBREAD MUFFINS FRUIT CHOICE OF MILK	27 TURKEY & CHEESE WRAP PIZZA ROMAINE SALAD MIXED VEGETABLES HASHBROWN FRUIT CUP CHOICE OF MILK
30 HAM & CHEESE SANDWICH SPICY CHICKEN PATTY SQUASH GREEN BEANS SWEET POTATOES ROLL FRUIT CHOICE OF MILK	1 CRISPIITOS MEAT LOAF STEAMED CABBAGE BLACK-EYED PEAS CUT OKRA CORNBREAD MUFFINS FRUIT CHOICE OF MILK	2 SALISBURY STEAK ASIAN CHICKEN BABY CARROTS/RANCH STEAMED BROCCOLI BROWN RICE/GRAVY ROLL FRUIT CHOICE OF MILK	3 CHICKEN SANDWICH B.B.Q. RIB SANDWICH GREEN SALAD/DRESSING MIXED VEGETABLES BAKED POTATO ROLL FRUIT CHOICE OF MILK SOUR CREAM/RANCH	4 PIZZA CHICKEN SALAD CALIFORNIA VEGETABLES ENGLISH PEAS TOMATO SLICES CRACKERS/COB CORN FRESH FRUIT CHOICE OF MILK

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