

DEMOPOLIS CITY SCHOOLS MENUS

September-19

DEMOPOLIS HIGH 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 BISCUIT 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 BISCUITS 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 HIGH SCHOOL

LUNCH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| 2 LABOR DAY | 3 FISH NUGGETS QUESADILLA COI F SI.AW 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 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 CRISPITOS 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 BBQ CHICKEN SALISBURY STEAK/GRAVY BAKED SWEET POTATO BROCCOLI & CHEESE RICE ROLL FRUIT CHOICE OF MILK | 19 PIZZA 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 HOT DOG 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 STEAK NUGGETS SWEET PEAS & CARROTS BROWN RICE CORN CORNBREAD MUFFINS FRUIT CHOICE OF MILK | 27 TURKEY & CHEESE WRAP BEEF & CHEESE TACO SALSA PINTO BEANS FRENCH FRIES LETTUCE & TOMATO FRUIT CHOICE OF MILK |
| 30 HAM & CHEESE SANDWICH SPICY CHICKEN PATTY SQUASH GREEN BEANS SWEET POTATOES ROLL FRUIT CHOICE OF MILK | 1 CRISPITOS 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 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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