



# Loudon County Schools Lunch Menu

September 2018

<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
	Fish Shapes or Mini Corn Dogs	Sausage (2) or Egg Omelet	Chicken BBQ Sandwich Hot Ham/Cheese Sandwich	Spaghetti, Meat Sauce or Chicken Sticks
LABOR DAY	Hush Puppies, Cole Slaw  Breaded Okra, Pinto Beans Assorted Fruit, Milk Cookie	White Biscuit, Biscuit Gravy  Tater Tots, Salsa Cup Strawberries Milk	Mac & Cheese  Steamed Broccoli Steamed Corn Assorted Fruit, Milk	Garlic Bread  Green Beans Salad, Fresh Baby Carrots Assorted Fruit, Milk
<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>
Soft Beef Tacos or Chicken Quesadilla Refried Beans Lettuce/Tomato Salsa Cup, Cheddar Cheese, Sour Cream Fruit Slushie, Milk	Chicken Sandwich or Philly Beef Steak Sandwich Grilled Peppers/Onions Lettuce/Tomato Fresh Veggie Bowl, French Fries Assorted Fruit, Milk	Homemade Meatloaf or Chicken Nuggets Biscuit, Green Beans Mashed Potatoes, Gravy  Assorted Fruit, Milk Cookie	Meatball Sub or Corn Dog Steamed Broccoli Roasted Potatoes  Assorted Fruit Milk	Fiestada Pizza or Lasagna Steamed Corn Salad, Fresh Baby Carrots  Assorted Fruit Milk
<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>
Beef Tacos, Tostitos Scoops or Cheese Quesadilla Refried Beans Lettuce/Tomato Salsa Cup, Cheddar Cheese, Sour Cream Fruit Slushie, Milk	Turkey Croissant or Ham Croissant Doritos, Baked Beans Fresh Veggie Bowl Lettuce/Tomato, Cheese, Pickle Assorted Fruit, Milk	Chicken Tenders, Roll or Cheese Sticks, Marinara Green Beans Mashed Potatoes, Gravy  Assorted Fruit Milk	Chili, Grilled Cheese or Hot Dog Cole Slaw, French Fries Steamed Broccoli  Assorted Fruit Milk	Cheese Pizza or Pepperoni Pizza Steamed Corn Salad, Fresh Baby Carrots  Assorted Fruit, Milk Cookie
<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>
Hamburger or Spicy Chicken Sandwich Lettuce/Tomato, Pickle, Cheese Potato Smiles Fresh Veggie Bowl Assorted Fruit, Milk	Fish Shapes or Mini Corn Dogs  Hush Puppies, Cole Slaw  Breaded Okra, Pinto Beans Assorted Fruit, Milk Cookie	Sausage (2) or Egg Omelet  White Biscuit, Biscuit Gravy  Tater Tots, Salsa Cup Strawberries Milk	Chicken BBQ Sandwich Hot Ham/Cheese Sandwich  Mac & Cheese  Steamed Broccoli Steamed Corn Assorted Fruit, Milk	Spaghetti, Meat Sauce or Chicken Sticks  Garlic Bread  Green Beans Salad, Fresh Baby Carrots Assorted Fruit, Milk

This institution is an equal opportunity provider.

3rd Entrée Choice: Soy Butter Jelly, Cheesestick available daily