

Monday

2

**NO SCHOOL
HAPPY LABOR DAY!**

9

Spaghetti
Turkey with Gravy
Side Salad
Ranch Mashed Potatoes
Pineapple
Assorted Fresh Fruit
Breadstick
Milk

16

Chicken Rings
Meatloaf
Mashed Potatoes
Glazed Carrots
Chilled Peaches
Assorted Fresh Fruit
Cornbread
Milk

23

Chicken Stir Fry
Pizza
Corn
Parmesan Broccoli
Mandarin Oranges
Assorted Fresh Fruit
Milk

30

Philly Cheesesteak
Spicy Chicken Sandwich
Green Beans
French Fries
Lettuce, Tomato, Pickles
Chilled Strawberries
Fresh Grapes
Milk

Tuesday

3

Philly Cheesesteak
Spicy Chicken Sandwich
Green Beans
French Fries
Lettuce, Tomato, Pickles
Chilled Strawberries
Fresh Grapes
Milk

10

Mexicali Bake
Baked Fish
Lemon Verde Black Beans
Corn
Chilled Peaches
Fresh Grapes
Milk

17

Quesadilla
Walking Taco
Refried Beans with Cheese
Steamed Mixed Vegetables
Lettuce, Tomato, Salsa
Apple Sauce
Fresh Strawberries
Milk

24

Beef Soft Shell Taco
Chicken Soft Shell Taco
Black Beans
Lettuce, Tomato, Salsa, Cheese
Apple Sauce
Fresh Strawberries
Milk

Wednesday

4

Popcorn Chicken
Salisbury Steak and Gravy
Turnip Greens
Macaroni and Cheese
Cantaloupe
Fresh Banana
Cornbread
Milk

11

BBQ Sandwich
Hot Ham and Cheese Sandwich
Fresh Carrots with Ranch
Roasted Squash
Chilled Strawberries
Assorted Fresh Fruits
Milk

18

Ravioli
Turkey Tetrazzini
Whole Kernel Corn
Turnip Greens
Chilled Pears
Fresh Strawberries
Roll
Milk

25

Spaghetti
Hamburger Steak with Gravy
Green Peas
Mashed Potatoes
Juice Sidekick
Chilled Pears
Milk

Thursday

5

Ravioli with Roll
Calzone
Parmesan Broccoli
Steamed Carrots
Juice Sidekick
Apple Sauce
Milk

12

Chicken and Waffle
Corn Dog
Tater Tots
Green Beans
Cantaloupe
Apple Sauce
Milk

19

Pizza
Baked Fish with Roll
Macaroni and Cheese
Cooked Cabbage
Cantaloupe
Fruit Juice
Milk

26

Popcorn Chicken with Roll
Hot Ham and Cheese Sandwich
Glazed Carrots
Green Beans
Chilled Peaches
Assorted Fresh Fruit
Milk

Friday

6

Cheeseburger
BBQ Hot Dog
Pinto Beans
Whole Kernel Corn
Chilled Peaches
Fresh Apple
Milk

13

Meatball Sub
Pizza
Sweet Potato Fries
Broccoli and Cheese
Fruit Cocktail
Assorted Fresh Fruit
Milk

20

Bacon Cheeseburger
Spicy Chicken Sandwich
Lettuce, Tomato, Pickles
Curly Fries
Side Salad
Fresh Banana
Chilled Peaches
Milk

27

Hamburger
Corn Dog
Potato Wedges
Steamed Broccoli
Fruit Cocktail
Assorted Fresh Fruit
Milk

Lunch Meal Pattern
1 oz meat/meat alternative daily
1 oz equivalent grain daily
¾ cup vegetable daily
½ cup fruit daily
1 cup of milk daily

Milk Choices:
½ pint lowfat (1%) white milk
½ pint fat free white milk
½ pint chocolate milk

Grab and Go boxes will be available daily at Fayette Ware Comprehensive High School.
Grab and Go boxes will be available on Monday, Tuesday, and Thursday at East and West Junior High Schools.