

Calhoun County Schools

September 2019

Aug 19, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 2 Labor Day	Sep - 3 Steak Nuggets Gravy Mashed Potatoes Green Peas Mandarin Oranges Whole Wheat Roll Milk Choice	Sep - 4 Turkey & Cheese Sand Pork Roast Gravy Potato, whole roasted Glazed Carrots Breadstick WW Grapes Milk Choice	Sep - 5 Crispito Cheddar Cheese, Shre Pinto Beans WK Corn Romaine Spinach Sala Tomatoes Ranch Dressing Apple Belly Bears WG Choc Milk Choice	Sep - 6 Hamburger OR Baked Spaghetti California Vegetables Romaine Spinach Sala Ranch Dressing Breadstick WW Sliced Peaches Chocolate Chip Cookie Milk Choice
Sep - 9 Chicken Tenders Mashed Potatoes Glazed Carrots Pears Whole Wheat Roll Milk Choice	Sep - 10 Turkey Sandwich OR Lasagna Roll Broccoli Romaine Spinach Sala Ranch Dressing Tomatoes Pineapple Whole Wheat Roll Milk Choice	Sep - 11 Burrito OR Chicken Fajita Refried Beans Chopped Romaine Tomatoes Mandarin Oranges Milk Choice	Sep - 12 Pizza, Pepperoni 4X6, California Vegetables Romaine Spinach Sala Ranch Dressing Tomatoes Carrot Sticks w/Dip Pineapple Milk Choice	Sep - 13 Cheeseburger OR Cheesy Chicken & Ric Green Peas Romaine Spinach Sala Ranch Dressing Pears Toasted Bun Milk Choice
Sep - 16 Corn Dog OR Hamburger Sweet Potatoes Fries Baked Beans Sliced Peaches Milk Choice	Sep - 17 Turkey Wrap OR Ranch Parmesan Chic Fried Okra Glazed Carrots Fruit Cocktail Breadstick WW Milk Choice	Sep - 18 Hot Wings Romaine Spinach Sala Ranch Dressing Carrot & Celery Sticks Chips, Tortilla Mission Mandarin Oranges Breadstick WW Milk Choice	Sep - 19 Chix Sandwich OR Mexican Skillet WK Corn Broccoli Pineapple Belly Bears WG Cin Cornbread WW Milk Choice	Sep - 20 Cheeseburger OR BBQ Pork Sandwich Oven Fries Steamed Broccoli Pears Brownie, WG Milk Choice
Sep - 23 Chix Sandwich OR Hotdog Baked Beans Fries, oven cook straig Chopped Romaine Ranch Dressing Fruit Cocktail Milk Choice	Sep - 24 Burrito OR Cheesy Chicken Fiesta Refried Beans Chopped Romaine Tomatoes Sliced Peaches Cornbread WW Chocolate Pudding Milk Choice	Sep - 25 Grill Chix Wrap OR Cheese Pizza Dippers Marinara Sauce Carrot & Celery Sticks Romaine Spinach Sala Ranch Dressing California Vegetables Pears Fresh Belly Bears WG Choc Milk Choice	Sep - 26 Hamburger OR Beef, Patty Salisbury Brown Rice Gravy Glazed Carrots Pineapple Whole Wheat Roll Milk Choice	Sep - 27 Chicken Nuggets Gravy Mashed Potatoes Broccoli Mandarin Oranges Whole Wheat Roll Milk Choice
Sep - 30 Quesadilla, Chicken W Cheddar Cheese, Shre Pinto Beans Romaine Spinach Sala Tomatoes Ranch Dressing Mandarin Oranges Bread Stick Milk Choice				

Meals must have 1/2 cup fruit or vegetable and at least 2 other choices (meat, bread/grain or milk) as part of the Offer vs Serve Program. Menu is subject to change.

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.**

*** - denotes combined nutrient totals with either missing or incomplete nutrient data.**

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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