

SHELBY COUNTY SCHOOLS LUNCH MENU

Aug-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELCOME BACK				
CORN DOGS HAMBURGER SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 9	CHICKEN TENDERS W/ROLL EGG ROLL *ENTRÉE SALAD 0 OVEN BROWNE POTATOES FRUITED GELATIN FRESH FRUIT CHILLED FRUIT CUP *MILK 10	TACOS OR TACO SALAD BBQ SANDWICH *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 11	COUNTRY FRIED BEEF W/ROLL QUESADILLA WITH SALSA *ENTRÉE SALAD BLACKEYED PEAS GARDEN SALAD 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 12	PIZZA DELI SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 13
CHICKEN NUGGETS W/ROLL HAMBURGER SANDWICH *ENTRÉE SALAD SEASONED GREEN BEANS AUGRATIN POTATOES LETTUCE, TOMATO, PICKLE FRESH FRUIT CHILLED FRUIT CUP *MILK 16	FISH STRIPS WITH/HUSH PUPPIES BARBECUE SANDWICH *ENTRÉE SALAD SLAW OVEN BROWNE POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 17	BAKED CHICKEN W/ROLL CHEESE STICKS/W MARINARA *ENTRÉE SALAD STEAMED BROCCOLI WHIPPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 18	NACHO SUPREME TURKEY CORN DOG NUGGETS *ENTRÉE SALAD WHOLE KERNEL CORN 0 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 19	PIZZA TURKEY & CHEESE SANDWICH *ENTRÉE SALAD GARDEN SALAD LETTUCE, TOMATO, PICKLE 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 20
MEATBALL SUB POPCORN CHICKEN *ENTRÉE SALAD SEASONED GREEN PEAS SCALLOPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 23	CHICKEN SANDWICH SANTA FE PASTA *ENTRÉE SALAD LETTUCE, TOMATO, ONION OVEN BROWNE POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 24	TACOS OR TACO SALAD HOT POCKET *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 25	TERIYAKI CHICKEN NUGGETS W/RICE FISH FILET SANDWICH *ENTRÉE SALAD SLAW SEASONED GREEN BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 26	PIZZA DELI SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 27
TURKEY CORN DOG NUGGETS BBQ SANDWICH *ENTRÉE SALAD ONION RINGS BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 30	GRILLED HAM & CHEESE SAND. CHICKEN FAJITA W/ TORTILLA *ENTRÉE SALAD FAJITA FIXINGS OVEN BROWNE POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 31			

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

***A SALAD BAR OR A VARIETY OF ENTRÉE SALADS WILL BE OFFERED**

*****SANDWICHES MAY BE OFFERED ON A VARIETY OF BREADS**

USDA MEAL REQUIREMENTS

(*K - 3)

(4-12)

MEAT / MEAT ALTERNATE

1 1/2 OUNCE, PER DAY

2 OUNCES, PER DAY

VEGETABLE AND OR FRUIT

1/2 CUP, PER DAY

3/4 CUP, PER DAY

BREAD / BREAD ALTERNATE

8 SERVINGS, PER WEEK

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**MILK *

1/2 PINT. PER DAY

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**** A VARIETY OF LOWFAT MILK OFFERED**

CUSTOMERS HAVE A CHOICE OF ONE ENTREE, CHOICE OF ANY 2 (1/2 CUP) VEGETABLE/FRUIT CHOICE SERVINGS, A BREAD SERVING, AND MILK AT A UNIT COST. TWO ITEMS MAY BE DECLINED BUT AT THE SAME MEAL COST.

Menu subject to change based on availability