

SHELBY COUNTY SCHOOLS LUNCH MENU

Oct-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				PIZZA ENTRÉE WRAP *ENTRÉE SALAD SHREDDED LETTUCE SALAD BABY CARROTS W/DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 1
CORN DOGS HAMBURGER SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 4	CHICKEN TENDERS W/ROLL EGG ROLL *ENTRÉE SALAD 0 OVEN BROWNE POTATOES FRUITED GELATIN FRESH FRUIT CHILLED FRUIT CUP *MILK 5	TACOS OR TACO SALAD BBQ SANDWICH *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 6	COUNTRY FRIED BEEF W/ROLL QUESADILLA WITH SALSA *ENTRÉE SALAD BLACKEYED PEAS GARDEN SALAD 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 7	PIZZA DELI SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 8
CHICKEN NUGGETS W/ROLL HAMBURGER SANDWICH *ENTRÉE SALAD SEASONED GREEN PEAS AUGRATIN POTATOES LETTUCE, TOMATO, PICKLE FRESH FRUIT CHILLED FRUIT CUP *MILK 11	FISH STRIPS WITH/HUSH PUPPIES BARBECUE SANDWICH *ENTRÉE SALAD SLAW OVEN BROWNE POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 12	BAKED CHICKEN W/ROLL CHEESE STICKS/W MARINARA *ENTRÉE SALAD STEAMED BROCCOLI WHIPPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 13	NACHO SUPREME TURKEY CORN DOG NUGGETS *ENTRÉE SALAD WHOLE KERNEL CORN 0 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 14	PIZZA TURKEY & CHEESE SANDWICH *ENTRÉE SALAD GARDEN SALAD LETTUCE, TOMATO, PICKLE 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 15
FALL BREAK				
*October 18	*October 19	*October 20	*October 21	*October 22
TURKEY CORN DOG NUGGETS BBQ SANDWICH *ENTRÉE SALAD ONION RINGS BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 25	GRILLED HAM & CHEESE SAND. CHICKEN FAJITA W/ TORTILLA *ENTRÉE SALAD FAJITA FIXINGS OVEN BROWNE POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 26	SPAGHETTI WITH GARLIC TOAST TURKEY & CHEESE SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE SEASONED GREEN BEANS FRUITED GELATIN FRESH FRUIT CHILLED FRUIT CUP *MILK 27	BURRITO WITH SHREDDED CHEESE CHICKEN NUGGETS W/ ROLL *ENTRÉE SALAD WHOLE KERNEL CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 28	PIZZA ASIAN CHICKEN W/ RICE *ENTRÉE SALAD 0 GARDEN SALAD 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 29

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 ENTRÉE, 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