

SHELBY COUNTY SCHOOLS LUNCH MENU

Mar-11

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	TERIYAKI BEEF NUGGETS/ROLL GRILLED CHICKEN SANDWICH *ENTRÉE SALAD SEASONED GREEN BEANS WHIPPED POTATOES LETTUCE, TOMATO, PICKLE FRESH FRUIT CHILLED FRUIT CUP MILK 1	MEXICAN STICK W/CHILI HOT DOG/OR CHILI DOG SANDWICH *ENTRÉE SALAD 0 WHOLE KERNEL CORN 0 FRESH FRUIT CHILLED FRUIT CUP MILK 2	SHRIMP POPPERS W/ MAC & CHEESE SLICED HAM WITH BREAD STICK *ENTRÉE SALAD STEAMED BROCCOLI 0 FRESH FRUIT CHILLED FRUIT CUP MILK 3	PIZZA ENTRÉE WRAP *TUNA SALAD SHREDDED LETTUCE SALAD BABY CARROTS W/DIP 0 FRESH FRUIT CHILLED FRUIT CUP MILK 4
CORN DOGS HAMBURGER SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP MILK 7	CHICKEN TENDERS W/ROLL EGG ROLL *ENTRÉE SALAD 0 OVEN BROWNED POTATOES FRUITED GELATIN FRESH FRUIT CHILLED FRUIT CUP MILK 8	TACOS OR TACO SALAD BBQ SANDWICH *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP MILK 9	COUNTRY FRIED BEEF W/ROLL QUESADILLA WITH SALSA *ENTRÉE SALAD BLACKEYED PEAS GARDEN SALAD 0 FRESH FRUIT CHILLED FRUIT CUP MILK 10	PIZZA DELI SANDWICH *TUNA SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP MILK 11
SPRING BREAK MARCH 14-18, 2009				
*MARCH 14	*MARCH 15	*MARCH 16	*MARCH 17	*MARCH 18
CHEESE STICKS W/ MARINARA SAUCE POPCORN CHICKEN SEASONED GREEN PEAS SCALLOPED POTATOES 0 CHILLED FRUIT CUP *MILK 21	CHICKEN SANDWICH CHILI W/ CRACKERS *ENTRÉE SALAD LETTUCE, TOMATO, ONION OVEN BROWNED POTATOES 0 CHILLED FRUIT CUP *MILK 22	TACOS OR TACO SALAD HOT POCKET *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 23	TERIYAKI CHICKEN W/ RICE FISH FILET SANDWICH *ENTRÉE SALAD SLAW SEASONED GREEN BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 24	PIZZA DELI SANDWICH *TUNA SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 25
TURKEY CORN DOG NUGGETS BBQ SANDWICH *ENTRÉE SALAD ONION RINGS BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 28	GRILLED HAM & CHEESE SAND. CHICKEN FAJITA W/ TORTILLA *ENTRÉE SALAD FAJITA FIXINGS OVEN BROWNED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 29	SPAGHETTI WITH GARLIC TOAST TURKEY & CHEESE SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE SEASONED GREEN BEANS FRUITED GELATIN FRESH FRUIT CHILLED FRUIT CUP *MILK 30	BURRITO WITH SHREDDED CHEESE CHICKEN NUGGETS W/ ROLL *ENTRÉE SALAD WHOLE KERNEL CORN 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**

USDA MEAL REQUIREMENTS

('K - 3)
MEAT / MEAT ALTERNATE 1 1/2 OUNCE, PER DAY
VEGETABLE AND OR FRUIT 1/2 CUP, PER DAY
BREAD / BREAD ALTERNATE 8 SERVINGS, PER WEEK
**MILK * 1/2 PINT. PER DAY

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

(4-12)

2 OUNCES, PER DAY
3/4 CUP, PER DAY
8 SERVINGS, PER WEEK
1/2 PINT, PER DAY

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

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