

SHELBY COUNTY SCHOOLS LUNCH MENU

Sep-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		MEXICAN STICK W/CHILI HOT DOG/OR CHILI DOG SANDWICH *ENTRÉE SALAD 0 WHOLE KERNEL CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK	FISH STICKS WITH BREAD STICK SLICED HAM WITH BREAD STICK *ENTRÉE SALAD MACARONI AND CHEESE STEAMED BROCCOLI 0 FRESH FRUIT CHILLED FRUIT CUP *MILK	PIZZA ENTRÉE WRAP *ENTRÉE SALAD SHREDDED LETTUCE SALAD BABY CARROTS W/DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK
Labor Day	CHICKEN TENDERS W/ROLL EGG ROLL *ENTRÉE SALAD 0 OVEN BROWNED POTATOES FRUITED GELATIN FRESH FRUIT CHILLED FRUIT CUP *MILK	TACOS OR TACO SALAD BBQ SANDWICH *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK	COUNTRY FRIED BEEF W/ROLL QUESADILLA WITH SALSA *ENTRÉE SALAD LIMA BEANS GARDEN SALAD 0 FRESH FRUIT CHILLED FRUIT CUP *MILK	PIZZA DELI SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK
*September 6	7	8	9	10
CHICKEN NUGGETS W/ROLL HAMBURGER SANDWICH *ENTRÉE SALAD SEASONED GREEN PEAS AUGRATIN POTATOES LETTUCE, TOMATO, PICKLE FRESH FRUIT CHILLED FRUIT CUP *MILK	FISH STRIPS WITH/HUSH PUPPIES BARBECUE SANDWICH *ENTRÉE SALAD SLAW OVEN BROWNED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK	BAKED CHICKEN W/ROLL CHEESE STICKS/W MARINARA *ENTRÉE SALAD STEAMED BROCCOLI WHIPPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK	NACHO SUPREME TURKEY CORN DOG NUGGETS *ENTRÉE SALAD WHOLE KERNEL CORN 0 0 FRESH FRUIT CHILLED FRUIT CUP *MILK	PIZZA TURKEY & CHEESE SANDWICH *ENTRÉE SALAD GARDEN SALAD LETTUCE, TOMATO, PICKLE 0 FRESH FRUIT CHILLED FRUIT CUP *MILK
13	14	15	16	17
MEATBALL SUB POPCORN CHICKEN *ENTRÉE SALAD SEASONED GREEN PEAS SCALLOPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK	CHICKEN SANDWICH SANTA FE PASTA *ENTRÉE SALAD LETTUCE, TOMATO, ONION OVEN BROWNED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK	TACOS OR TACO SALAD HOT POCKET *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK	TERIYAKI CHICKEN W/ RICE FISH FILET SANDWICH *ENTRÉE SALAD SLAW SEASONED GREEN BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK	PIZZA DELI SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK
20	21	22	23	24
TURKEY CORN DOG NUGGETS BBQ SANDWICH *ENTRÉE SALAD ONION RINGS BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK	GRILLED HAM & CHEESE SAND. CHICKEN FAJITA W/ TORTILLA *ENTRÉE SALAD FAJITA FIXINGS OVEN BROWNED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK	SPAGHETTI WITH GARLIC TOAST TURKEY & CHEESE SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE SEASONED GREEN BEANS FRUITED GELATIN FRESH FRUIT CHILLED FRUIT CUP *MILK	BURRITO WITH SHREDDED CHEESE CHICKEN NUGGETS W/ ROLL *ENTRÉE SALAD WHOLE KERNEL CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK	
27	28	29	30	

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
VEGETABLE AND OR FRUIT
BREAD / BREAD ALTERNATE
**MILK *

1 1/2 OUNCE, PER DAY
1/2 CUP, PER DAY
8 SERVINGS, PER WEEK
1/2 PINT, PER DAY

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

**** 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