



# Shelby County Schools - Nutrition Services

## September 2019 Elementary Lunch Menu PK-8

### Serving Period: ELEMENTARY LUNCH

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
| -2-<br>   | -3-<br>ITALIAN SPAGHETTI<br>TURKEY DUO<br>CHEESE PIZZA<br>STEAMED BROCCOLI<br>MASHED POTATOES W/GRAVY<br>CHILLED FRUIT COCKTAIL<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY                                     | -4-<br>BBQ MEATBALLS<br>BBQ PORK SANDWICH<br>HUMMUS DIPPERS W/CHEESE<br>ORANGE GLAZED CARROTS<br>BAKED BEANS/VEGGIE CUP<br>WHEAT ROLL<br>CHILLED PEARS/FRESH CANTALOUPE<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY                                  | -5-<br>TURKEY & DRESSING W/GRAVY<br>BEEF STEAK W/GRAVY<br>CHEF SALAD W/WHEAT CRACKERS<br>SWEET POTATOES<br>STEAMED SPINACH<br>WHEAT ROLL<br>CHILLED PINEAPPLE<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY                                   | -6-<br>BEEFY NACHOS<br>FISH STRIPS/ITALIAN SPAGHETTI<br>SUPERVISOR CHOICE VEGETARIAN ENTRÉE<br>WHEAT ROLL<br>STEAMED CABBAGE/PINTO BEANS<br>CHILLED TROPICAL FRUIT<br>FRESH WATERMELON<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY |
| -9-<br>CHICKEN NUGGETS & WAFFLES<br>HAMBURGER<br>GRILLED CHEESE SANDWICH<br>GREEN BEANS<br>CRINKLE CUT FRIES<br>CHILLED PEACHES<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY            | -10-<br>OVEN FRIED CHICKEN<br>TURKEY DELI SANDWICH W/CHEESE<br>CHEESE PIZZA<br>WHEAT ROLL<br>STEAMED SPINACH<br>ROASTED RED SKIN POTATOES<br>CHILLED FRUIT COCKTAIL<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY | -11-<br>FRIED RICE MEAL<br>BREADED CHICKEN SANDWICH<br>YOGURT BLAST<br>STIR FRIED VEGETABLES/BROWN RICE<br>ORANGE GLAZED CARROTS<br>ROMAINE GARDEN SALAD<br>CHILLED PEARS/FRESH CANTALOUPE<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY               | -12-<br>CHICKEN TENDERS<br>GRILLED CHICKEN SALAD<br>CHEESE BREADSTICKS W/MARINARA<br>WHEAT CRACKERS/WHEAT ROLL<br>ROASTED RED POTATOES<br>STEAMED SPINACH<br>FRESH MIXED FRUIT<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY                  | -13-<br>CHICKEN SOFT TACOS<br>BBQ NACHOS<br>BLACK BEAN & CORN SALSA<br>ROMAINE GARDEN SALAD<br>WHOLE KERNEL CORN/FIESTA BEANS<br>CHILLED TROPICAL FRUIT<br>FRESH WATERMELON<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY            |
| -16-<br>CORN DOG NUGGETS<br>HAWAIIAN TURKEY HAM & CHEESE SANDWICH<br>SOY BUTTER JAMMER COMBO<br>PINTO BEANS/GREEN BEANS<br>CHILLED PEACHES<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY | -17-<br>ITALIAN SPAGHETTI<br>BREADED CHICKEN SANDWICH<br>CHEESE PIZZA<br>WHEAT ROLL<br>STEAMED BROCCOLI<br>MASHED POTATOES W/GRAVY<br>CHILLED FRUIT COCKTAIL<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY        | -18-<br>TERIYAKI MEATBALLS<br>HOT HAM & CHEESE SANDWICH<br>HUMMUS DIPPERS W/CHEESE<br>STIR FRY VEGETABLES<br>ORANGE GLAZED CARROTS/VEGGIE CUP<br>BROWN RICE/WHEAT ROLL<br>CHILLED PEARS/FRESH CANTALOUPE<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY | -19-<br>CHICKEN PRIMAVERA<br>FISH STRIPS<br>MACARONI & CHEESE<br>FISH STRIPS W/MACARONI & CHEESE<br>STEAMED CABBAGE/WHEAT ROLL<br>ROMAINE GARDEN SALAD<br>CHILLED TROPICAL FRUIT<br>BERRY SLUSH<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY | -20-<br>FRIED RICE MEAL<br>SUPREME PIZZA<br>POPCORN CHICKEN SALAD<br>CHEESE BREADSTICKS W/MARINARA<br>STEAMED SPINACH<br>WHOLE KERNEL CORN<br>WHEAT CRACKERS<br>CHILLED PINEAPPLE<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY      |
| -23-<br>CHICKEN NUGGETS & WAFFLES<br>HOT DOG<br>GRILLED CHEESE SANDWICH<br>GREEN BEANS<br>CRINKLE CUT FRIES<br>CHILLED PEACHES<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY             | -24-<br>OVEN ROASTED CHICKEN<br>TURKEY DELI SANDWICH W/CHEESE<br>CHEESE PIZZA<br>WHEAT ROLL<br>STEAMED BROCCOLI<br>SWEET POTATOES<br>CHILLED FRUIT COCKTAIL<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY         | -25-<br>ORANGE CHICKEN<br>BREADED CHICKEN SANDWICH<br>YOGURT BLAST<br>STIR FRIED VEGETABLES/BROWN RICE<br>ORANGE GLAZED CARROTS<br>ROMAINE GARDEN SALAD<br>CHILLED PEARS<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY                                 | -26-<br>CHICKEN TENDERS<br>GRILLED CHICKEN SALAD<br>3 CHEESE BREAD W/MARINARA<br>WHEAT CRACKERS/WHEAT ROLL<br>ROASTED RED POTATOES<br>STEAMED SPINACH<br>FRESH MIXED FRUIT<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY                      | -27-<br>CHICKEN SOFT TACOS<br>BEEFY NACHOS<br>BLACK BEAN & CORN SALSA<br>ROMAINE GARDEN SALAD<br>WHOLE KERNEL CORN/FIESTA BEANS<br>CHILLED PINEAPPLE<br>ASSORTED FRESH FRUIT<br>MILK, VARIETY                                   |

MILK – STUDENTS HAVE A CHOICE OF SKIM, 1% OR CHOCOLATE MILK. OTHER FLAVORED MILKS ARE ONLY OFFERED DURING LUNCH.

\*MENUS ARE SUBJECT TO CHANGE\*

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