





September 2019 High School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
SCHOOL'S CLOSED 	Waffle or Pancakes w/ Sausage, Tots, Fruit, Milk Beef or Chicken Tacos Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Assorted Fruit / Fresh Fruit Cinnamon Roll Milk Ham Poboy, Chicken Fillet on Bun Hot Ham & Cheese, Chicken Smackers	Bkft Pizza or Eggs, Sausage, Toast, Grits, Tots, Fruit, Milk Chicken Alfredo Carrot Souffle Roasted California Blend Assorted Fruit / Fresh Fruit Biscuit Milk Turkey Poboy, Spicy Chicken on Bun Grilled Chicken on Bun	French Toast & Sausage or Pancake Pup, Tots, Fruit, Milk Fried Catfish White Beans with Rice Caesar Salad Assorted Fruit / Fresh Fruit Frenchbread Milk Ham Poboy, Chicken Fillet on Bun Chicken Tender Pita, Chicken Nuggets	Beignets or Donut, Tots, Fruit, Milk Shepherd's Pie Roasted Broccoli Assorted Fruit / Fresh Fruit Biscuit Brownie Milk Turkey Poboy, Spicy Chicken on Bun Meatball Poboy
Chicken or Sausage Biscuit, Grits, Tots, Fruit, Milk Red Beans & Rice Chicken Smackers or Sausage Links Carrot Souffle Assorted Fruit / Fresh Fruit Cornbread Milk Ham Poboy, Spicy Chicken on Bun Sloppy Joes	Waffle or Pancakes w/ Sausage, Tots, Fruit, Milk Beef or Chicken Tacos Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Assorted Fruit / Fresh Fruit Cinnamon Roll Milk Turkey Poboy, Chicken Fillet on Bun Grilled Cheese Sandwich, Chicken Balls	Bkft Pizza or Eggs, Sausage, Toast, Grits, Tots, Fruit, Milk Italian Baked Pasta Roasted Cauliflower Roasted Broccoli Assorted Fruit / Fresh Fruit Garlic Roll Milk Ham Poboy, Spicy Chicken on Bun Tex Mex Burrito	French Toast w/ Sausage or Pancake Pup, Tots, Fruit, Milk Shrimp Boil with Sausage & Potatoes Corn on the Cob Assorted Fruit / Fresh Fruit French Bread Milk Turkey Poboy, Chicken Fillet on Bun Grilled Cheese & Soup, Chicken Nuggets	Beignets or Donut, Tots, Fruit, Milk Chicken & Sausage Gumbo Steamed Rice Potato Salad Glazed Carrots Assorted Fruit / Fresh Fruit Southern Butter Roll Cookie, Milk Ham Poboy, Spicy Chicken on Bun Grilled Chicken Pita
Chicken or Sausage Biscuit, Grits, Tots, Fruit, Milk Chicken & Sausage Jambalaya Black Eye Peas Brussel Sprouts Assorted Fruit / Fresh Fruit Cornbread Milk Turkey Poboy, Spicy Chicken on Bun Turkey Philly Cheesesteak	Waffle or Pancakes w/ Sausage, Tots, Fruit, Milk Beef or Chicken Tacos Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Assorted Fruit / Fresh Fruit Cinnamon Roll Milk Ham Poboy, Chicken Fillet on Bun Grilled Cheese & Soup, Chicken Tenders	Bkft Pizza or Eggs, Sausage, Toast, Grits, Tots, Fruit, Milk Chicken Parmesan with Spaghetti Caesar Salad Assorted Fruit / Fresh Fruit Garlic Roll Milk NUTRITION DAY: TUSCAN KALE  Turkey Poboy, Spicy Chicken on Bun Hot Ham & Cheese on Bun	French Toast w/ Sausage or Pancake Pup, Tots, Fruit, Milk Beef Stew over Rice Seasoned Greenpeas Roasted California Blend Assorted Fruit / Fresh Fruit Southern Butter Roll Milk Ham Poboy, Chicken Fillet on Bun Meatball Poboy, Chicken Nuggets	Beignets or Donut, Tots, Fruit, Milk Shrimp Pasta Carrot Souffle Seasoned Greenbeans Assorted Fruit / Fresh Fruit Frenchbread Rice Krispie Treat Milk Turkey Poboy, Spicy Chicken on Bun Chicken Tender Pita
Chicken or Sausage Biscuit, Grits, Tots, Fruit, Milk Jamaican Jerk Grilled Chicken Macaroni & Cheese Glazed Carrots Roasted Cauliflower Assorted Fruit / Fresh Fruit Southern Butter Roll Milk Ham Poboy, Spicy Chicken on Bun Sloppy Joes	Waffle or Pancakes w/ Sausage, Tots, Fruit, Milk Beef or Chicken Tacos Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Assorted Fruit / Fresh Fruit Cinnamon Roll Milk Turkey Poboy, Chicken Fillet on Bun Grilled Cheese Sandwich, Chicken Balls	Bkft Pizza or Eggs, Sausage, Toast, Grits, Tots, Fruit, Milk Meatballs & Spaghetti Creamed Spinach Assorted Fruit / Fresh Fruit Garlic Roll Milk Ham Poboy, Spicy Chicken on Bun Grilled Chicken Pita	French Toast w/ Sausage or Pancake Pup, Tots, Fruit, Milk Red Beans & Rice Chicken Smackers or Sausage Links Brussel Sprouts Assorted Fruit / Fresh Fruit Cornbread Milk Turkey Poboy, Chicken Fillet on Bun Meatball Poboy, Chicken Nuggets	Beignets or Donut, Tots, Fruit, Milk Chicken & Sausage Gumbo w/ Rice Seasoned Greenbeans Potato Salad Assorted Fruit / Fresh Fruit Biscuit Cake Milk Ham Poboy, Spicy Chicken on Bun Turkey Philly Cheesesteak
Chicken or Sausage Biscuit, Grits, Tots, Fruit, Milk Salisbury Steak Mashed Potatoes w/ Gravy Glazed Carrots Assorted Fruit / Fresh Fruit Southern Butter Roll, Milk Turkey Poboy, Spicy Chicken on Bun Tex Mex Burrito				

