

Modified Weight Reduction No Juice

Fall/Spring Lunch Menu
August 15 thru November 25, 2011 and March 12 thru May 31, 2012

Mobile County Public School System

Unflavored skim milk available with each meal.

Menu subject to change due to deliveries and commodities.

Week	A	B	C	D	E
Week 1	Pizza Broccoli Spinach Salad Fruit: Fresh Apple	Baked Chicken w/ 1/2 WW Roll OR Chicken Sandwich w/Let/Tom/ Pickle Green Beans Romaine Salad 1/4 c. Potatoes, Fresh Steamed or Creamed Fruit: Pears	1/2 Sub Sandwich or 1/2 Wrap Sun Chips Lettuce/Tomato/Pickle Garden Salad Fruit: Mixed Fruit	Sausage Portion w/ 1/2 piece Mexican Cornbread Greens 1/4 c. Sweet Potatoes or Yams OR Chili Crispito(1) w/Cheese or Salsa Pinto Beans Garden Salad Fruit: Peaches	Plain Hot Dog OR Tuna or Chicken Salad Sandwich Coleslaw Fruit: Fresh Orange Wedges
Week 2	Chicken Patty or Tender or Nuggets Broccoli Garden Salad 1/4 cup Pasta Cheese Bake 1/2 piece WW French Bread Fruit: Mandarin Oranges	Hamburger Lettuce/Tomato/Pickle OR Meat Sauce w/ Spaghetti Green Beans Garden Salad Fruit: Pineapple	Pizza OR 1/2 Sub Sandwich w/Let/Tom/Pickle Romaine Salad Fruit: Peaches	Ground Beef Steak/Salisbury Steak 1/4 cup Creamed Potatoes NO Gravy OR Sheperd's Pie Garden Salad 1/2 Whole Wheat Roll Green Beans Fruit: Fresh Apple	BBQ Rib Shaped Sandwich OR Pulled Pork on Bun OR Pork Roast w/ 1/2 piece Country Cornbread Garden Salad Greens 1/4 cup Sweet Potatoes or Yams Fruit: Fresh Pear or Banana
Week 3	Tacos OR Fajitas w/ Let/Tom/ Pepper OR Burritos Garden Salad Black Beans Fruit: Fresh Apple	Baked Chicken Pasta Cheese Bake OR Chicken Sandwich w/ Let/Tom/ Pickle Green Beans or Greens Spinach Salad Fruit: Fresh Orange Wedges	Ground Beef Steak/Salisbury Steak 1/4 cup Cr Potatoes NO Gravy Broccoli Garden Salad 1/2 Whole Wheat Roll Fruit: Pears	Chili Crispito (1) w/ Cheese or Salsa OR 1/2 Sub Sandwich w/ Let/Tom/ Pickle Romaine Salad Carrots or Pinto Beans Fruit: Peaches	Fish Nuggets OR Sausage Portion Oven Potatoes Garden Salad OR Coleslaw Fruit: Mixed Fruit Cup
Week 4	Pizza OR 1/2 Sub Sandwich w/ Lettuce/Tomato/Pickle Baked Chips Carrots Garden Salad Fruit: Mandarin Oranges	Plain Hot Dog Coleslaw Fruit: Peaches	Chicken Patty OR Tenders OR Nuggets Black Eyed Peas 1/2 WW Roll Garden Salad Fruit: Fresh Pear or Apple	Meat Sauce w/ Pasta 1/2 WW French Bread OR Sloppy Joe on Bun Green Beans Romaine Salad Fruit: Fresh Grapes	Hot Pockets OR Hamburger w/ Let/Tom/Pickle Broccoli Garden Salad Fruit: Pineapple
Week 5	Corndog OR 1/2 Sub Sandwich w/ Let/Tom/Pickle Italian Mixed Vegetables or Carrots Garden Salad or Coleslaw Fruit: Fresh Apple	Taco Meat/Chips/Tortilla w/ Cheese/SourCream/Salsa/Taco Sc. Garden Salad Black Beans Let/Tom/Pepper Fruit: Fruit Cocktail	Beef-a-roni w/ 1/2 WW Roll OR Pizza Broccoli Romaine Salad Fruit: Fresh Orange Wedges	Baked Chicken w/ 1/2 WW Roll 1/4 c. Creamed Potatoes OR Chicken Sandwich w/Let/Tom/ Pickle Green Beans Spinach Salad Fruit: Peaches	Hamburger Lettuce/Tomato/ Pickle Garden Salad Fruit: Pears