

# Modified Weight Reduction No Juice

# Winter Lunch Menu

November 28, 2011 thru March 19, 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
<b>Week 1</b>	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 cup Potatoes, Fresh Steamed or Creamed Fruit: Pears	1/2 Sub Sandwich or Wrap Sun Chips Let/Tom/Pickle OR 1/2 Grilled Cheese Sandwich with Vegetable Beef Soup Spinach Salad Fruit: Mixed Fruit	Sausage Portion w/ 1/2 piece Mexican Cornbread Greens 1/4 cup 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
<b>Week 2</b>	Chicken Patty or Tender or Nuggets Broccoli Garden Salad 1/4 cup Pasta Cheese Bake 1/2 WW French Bread Fruit: Mandarin Oranges	Hamburger Lettuce/Tomato/Pickle Meat Sauce w/ Spaghetti Green Beans 1/2 WW Roll Garden Salad Fruit: Pineapple	Pizza OR Chicken Gumbo w/ 1/3 cup Brown Rice & 1/2 WW Roll Romaine Salad Fruit: Peaches	Ground Beef Steak/Salisbury Steak 1/4 cup Creamed Potatoes NO Gravy OR Sheperd's Pie Garden Salad 1/2 WW 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
<b>Week 3</b>	Tacos OR Fajitas w/ Let/Tom/ Pepper OR Burritos Garden Salad Black 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 Creamed 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
<b>Week 4</b>	Pizza OR Chicken Gumbo w/ 1/3 c. Brown Rice Garden Salad WW Roll Carrots Fruit: Mandarin Oranges	Beef Tips NO Gravy OR Meatloaf 1/3 c. Brown Rice Or 1/4 c. Creamed Potatoes Greens Garden Salad 1/2 piece Country Cornbread 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 piece 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
<b>Week 5</b>	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	Pizza OR Lasagna w/ 1/2 WW Roll Broccoli Romaine Salad Fruit: Fresh Orange Wedges	Baked Chicken w/ 1/2 WW Roll 1/4c. Creamed Potatoes OR Chicken Sandwich w/Let/Tom/ Pickle Green Beans Spinach Salad Fruit: Peaches	Hamburger Lettuce/Tomato/ Pickle Garden Salad Fruit: Pears