

Walker County Schools

# September



**Healthy Food. Our Food is always prepared with love and pride.**

**Middle School Lunch Menu 2015 – 2016**

**Eat healthy. So you can play your best.**

Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Nuggets OR Spaghetti w/ Meat Sauce WW Roll Green Beans Cream Potatoes Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 1	Hamburger on WG Bun OR Taco's w/ Crispy Shells & Cheese Cup & Salsa & Sour Cream Lettuce & Tomato Refried Beans Peaches Fresh Fruit Milk Choice 2	BBQ Pork on WG Bun OR Fish w/ Tartar Sauce on WG Bun Baked Beans Cole Slaw Tossed Salad w/ Dressing Choice Blueberries Fresh Fruit Milk Choice 3	Chicken on WG Bun OR Turkey & Cheese on WG Bun Toss Salad w/ Dressing Choice Lettuce & Tom Steamed Carrots Fries Mixed Fruit Fresh Fruit Milk Choice 4
 <p><b>NO SCHOOL</b> 7</p>	Pizza OR Burrito w/ Sour Cream Green Beans Caesar Salad Carrots w/ dip Applesauce Frozen Fruit Milk Choice 8	Quesadilla w/ Sour Cream OR Chicken on WG Bun Fries Refried Beans Salsa Lettuce & Tomato Toss Salad w/ Dressing Choice Blueberries Fresh Fruit Milk Choice 9	Corn Dog OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Cole Slaw Corn Baked Beans Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 10	Hamburger on WG Bun OR Turkey & Cheese on WG Bun Lettuce, Tomato, Onion, Veggies w/ Ranch Dressing Toss Salad w/ Dressing Choice Pears Fresh Fruit Milk Choice 11
Chicken Fajita & Cheese Cup w/ Sour Cream and Salsa OR Pizza Refried Beans Steamed Carrots Toss Salad w/ Dressing Choice Applesauce Frozen Fruit Milk Choice 14	Pork Roast w/ Gravy OR Chicken Nuggets WW Roll Mixed Veggies Broccoli w/Cheese Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 15	Lasagna w/ WW Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Choice Spiced Apples Fresh Fruit WG Choc Chip Cookie Milk Choice 16	Hotdog w/ Chili OR Sloppy Joe on WG Bun Cole Slaw Fries Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 17	Cheese Sticks w/ Marinara Sauce OR Chicken Wrap w/ Lettuce and Tomato Refried Beans Carrots w/ Dip Caesar Salad Pears Fresh Fruit Milk Choice 18
Teriyaki Chicken w/ WW Rolls OR Pizza Vegetable Medley Steamed Carrots Toss Salad w/ Dressing Choice Applesauce Frozen Fruit Milk Choice 21	Chicken Nuggets OR Spaghetti w/ Meat Sauce WW Roll Green Beans Cream Potatoes Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 22	Hamburger on WG Bun OR Taco's w/ Crispy Shells & Cheese Cup & Salsa & Sour Cream Lettuce & Tomato Refried Beans Peaches Fresh Fruit Milk Choice 23	BBQ Pork on WG Bun OR Fish w/ Tartar Sauce on WG Bun Baked Beans Cole Slaw Tossed Salad w/ Dressing Choice Blueberries Fresh Fruit Milk Choice 24	Chicken on WG Bun OR Turkey & Cheese on WG Bun Toss Salad w/ Dressing Choice Lettuce & Tom Steamed Carrots Fries Mixed Fruit Fresh Fruit Milk Choice 25
Pizza OR Burrito w/ Sour Cream Green Beans Caesar Salad Carrots w/ dip Applesauce Frozen Fruit Milk Choice 28	Mac & Cheese Pintos OR Black-eyed Peas Cornbread Okra Cole Slaw Sweet Potatoes Tossed Salad w/ Dressing Choice Strawberries Fresh Fruit Ice Cream Milk Choice 29	Quesadilla w/ Sour Cream OR Chicken on WG Bun Fries Refried Beans Salsa Lettuce & Tomato Toss Salad w/ Dressing Choice Blueberries Fresh Fruit Milk Choice 30		<p>MENU                      SUBJECT TO CHANGE                      BASED UPON                      AVAILABILITY OF FOOD</p> <p><b>"USDA IS AN EQUAL                      OPPORTUNITY                      PROVIDER AND EMPLOYER."</b></p>

Students must have a lunch from home or school to be eligible to purchase the following items:

20 oz. Bottle Water every day for \$1.00, Frozen Fruit (4.4 oz. cup of 100% fruit juice) on Thursdays for \$.90 and WG Choc Chip Cookie (1.85 oz.) on Fridays for \$.75.

NO CHARGING will be allowed for these items or any extra food sales. Students must follow the WC School Nutrition guidelines.