

# Walker County Schools



## Middle School Lunch Menu 2017 – 2018

### Happy Fall

Monday	Tuesday	Wednesday	Thursday	Friday
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 2	Pork Roast w/ Gravy OR Chicken Nuggets WG Roll Mixed Veggies Broccoli/Cheese Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 3	Spaghetti w/ Meat Sauce w/ WG Roll OR Fish Nuggets/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Choice Mixed Fruit Fresh Fruit WG Choc Chip Cookie Milk Choice 4	Cheese Sticks w/ Marinara Sauce OR Chicken Wrap w/ Lettuce and Tomato Refried Beans Carrots w/ Dip Caesar Salad Peaches Fresh Fruit Milk Choice 5	😊 <b>World Smile Day</b> 😊 😊 <b>Special Olympics Day</b> 😊 Hotdog w/ Chili OR Sloppy Joe on WG Bun Cole Slaw Fries Toss Salad w/ Dressing Choice Applesauce Fresh Fruit Milk Choice 6
Monday & Tuesday Oct 9 <sup>th</sup> & 10 <sup>th</sup> 				
Pizza OR Burrito w/ Sour Cream Green Beans Caesar Salad Carrots w/ dip Applesauce Frozen Fruit Milk Choice 16	Mac & Cheese Pintos OR Black-eyed Peas Okra Cole Slaw Cornbread Sweet Potatoes Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Ice Cream Milk Choice 17	Quesadilla w/ Sour Cream OR Chicken on WG Bun Fries Refried Beans Salsa Lettuce & Tomato Toss Salad w/ Dressing Choice Raisins Fresh Fruit Milk Choice 18	Corn Dog OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Cole Slaw Corn Baked Beans Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 19	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 20
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 23	Pork Roast w/ Gravy OR Chicken Nuggets WG Roll Mixed Veggies Broccoli/Cheese Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 24	Spaghetti w/ Meat Sauce w/ WG Roll OR Fish Nuggets/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Choice Mixed Fruit Fresh Fruit WG Choc Chip Cookie Milk Choice 25	Hotdog w/ Chili OR Sloppy Joe on WG Bun Cole Slaw Fries Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 26	Cheese Sticks w/ Marinara Sauce OR Chicken Wrap w/ Lettuce and Tomato Refried Beans Carrots w/ Dip Caesar Salad Pears Fresh Fruit Milk Choice 27
Teriyaki Chicken w/ WG Rolls OR Pizza Broccoli w/ Cheese Carrots w/ Dip Toss Salad w/ Dressing Choice Applesauce Frozen Fruit Milk Choice 30	Chicken Nuggets OR Lasagna WG Roll Green Beans Cream Potatoes Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 31			<p>Your lunch tray must have at least ½ cup of Fruit or Veggie on it</p>

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

12 oz. Bottle Water every day for \$.75, 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.

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD

This institution is an equal opportunity provider