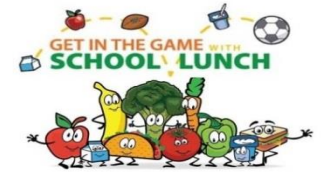


Walker County Schools



# SEPTEMBER



Healthy food. Our food is always prepared with love and pride.

Middle School Lunch Menu  
2017 – 2018

Make Wise choices.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Your lunch tray must have at least ½ cup of Fruit or Veggie on it</p>	<p>Fall Sports</p>	<p>Drink milk at meals</p>		<p>Chicken on WG Bun OR Turkey &amp; Cheese on WG Bun Toss Salad w/ Dressing Choice Lettuce &amp; Tom Steamed Carrots      Fries Pears      Fresh Fruit Milk Choice      1</p>
<p>4</p>	<p>Pizza OR Burrito w/ Sour Cream Green Beans Caesar Salad Carrots w/ dip Applesauce      Frozen Fruit Milk Choice      5</p>	<p>Quesadilla w/ Sour Cream OR Chicken on WG Bun Fries Refried Beans      Salsa Lettuce &amp; Tomato Toss Salad w/ Dressing Choice Raisins      Fresh Fruit Milk Choice      6</p>	<p>Corn Dog OR Fish Nuggets w/ Hushpuppies &amp; Tartar Sauce Cole Slaw      Corn Baked Beans Toss Salad w/ Dressing Choice Mixed Fruit      Fresh Fruit Milk Choice      7</p>	<p>Hamburger on WG Bun OR Turkey &amp; Cheese on WG Bun Lettuce, Tomato, Onion, Veggies w/ Ranch Dressing Toss Salad w/ Dressing Choice Pears Fresh Fruit Milk Choice      8</p>
<p>Chicken Fajita &amp; Cheese Cup w/ Sour Cream and Salsa OR Pizza Refried Beans      Steamed Carrots Toss Salad w/ Dressing Choice Croutons/Saltine Crackers Applesauce      Frozen Fruit Milk Choice      11</p>	<p>Pork Roast w/ Gravy OR Chicken Nuggets WG Roll Mixed Veggies Broccoli/Cheese Toss Salad w/ Dressing Choice Dried Mixed Fruit      Fresh Fruit Milk Choice      12</p>	<p>Spaghetti w/ Meat Sauce w/ WG Roll OR Fish Nuggets w/ Hushpuppies &amp; Tartar Sauce Corn      Green Beans Toss Salad w/ Dressing Choice Blueberries      Fresh Fruit WG Choc Chip Cookie Milk Choice      13</p>	<p>Hotdog w/ Chili OR Sloppy Joe on WG Bun Cole Slaw Fries Toss Salad w/ Dressing Choice Mixed Fruit      Fresh Fruit Milk Choice      14</p>	<p>Cheese Sticks w/ Marinara Sauce OR Chicken Wrap w/ Lettuce and Tomato Refried Beans      Carrots w/ Dip Caesar Salad Croutons/Saltines Crackers Pears      Fresh Fruit Milk Choice      15</p>
<p>Teriyaki Chicken w/ WG Rolls OR Pizza Broccoli w/ Cheese Carrots w/Dip Toss Salad w/ Dressing Choice Applesauce      Frozen Fruit Milk Choice      18</p>	<p>Chicken Nuggets OR Lasagna WG Roll Green Beans      Cream Potatoes Toss Salad w/ Dressing Choice Mixed Fruit      Fresh Fruit Milk Choice      19</p>	<p>Hamburger on WG Bun OR Taco's w/ Crispy Shells &amp; Cheese Cup &amp; Salsa &amp; Sour Cream Lettuce &amp; Tomato      Refried Beans Dried Mixed Fruit      Fresh Fruit Milk Choice      20</p>	<p>BBQ Pork on WG Bun OR Fish w/ Tartar Sauce on WG Bun Baked Beans      Cole Slaw Tossed Salad w/ Dressing Choice Raisins      Fresh Fruit Blueberry Crisp Milk Choice      21</p>	<p>Chicken on WG Bun OR Turkey &amp; Cheese on WG Bun Toss Salad w/ Dressing Choice Lettuce &amp; Tom Steamed Carrots      Fries Pears      Fresh Fruit Milk Choice      22</p>
<p>Pizza OR Burrito w/ Sour Cream Green Beans Caesar Salad Carrots w/ dip Applesauce      Frozen Fruit Milk Choice      25</p>	<p>Mac &amp; Cheese Pintos OR Black-eyed Peas Okra      Cole Slaw Cornbread      Sweet Potatoes Toss Salad w/ Dressing Choice Dried Mixed Fruit      Fresh Fruit Ice Cream      Milk Choice      26</p>	<p>Quesadilla w/ Sour Cream OR Chicken on WG Bun Fries Refried Beans      Salsa Lettuce &amp; Tomato Toss Salad w/ Dressing Choice Raisins      Fresh Fruit Milk Choice      27</p>	<p>Corn Dog OR Fish Nuggets w/ Hushpuppies &amp; Tartar Sauce Cole Slaw      Corn Baked Beans Toss Salad w/ Dressing Choice Mixed Fruit      Fresh Fruit Milk Choice      28</p>	<p>Hamburger on WG Bun OR Turkey &amp; Cheese on WG Bun Lettuce, Tomato, Onion, Veggies w/ Ranch Dressing Toss Salad w/ Dressing Choice Pears Fresh Fruit Milk Choice      29</p>

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

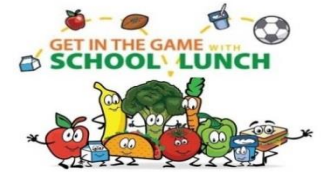
Fruit (4.4 oz. cup of 100% fruit juice) on Thursdays for \$.90 and WG Choc Chip Cookie (1.85 oz.) on Fridays for \$.75.

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD

Walker County Schools



# SEPTEMBER



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**Middle School Lunch Menu  
2017 – 2018**

**Make Wise choices.**

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

**This institution is an equal opportunity provider**