



Walker County Schools

SEPTEMBER



Eat your healthy lunch
and play hard for your team.

Middle School Lunch Menu 2019 – 2020

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

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.

Monday	Tuesday	Wednesday	Thursday	Friday
 No School 2	Chicken Fajita & Cheese Cup w/ Sour Cream and Salsa OR Pizza Corn Steamed Carrots Toss Salad w/ Dressing Choice Applesauce Frozen Fruit Milk Choice 3	Quesadilla w/ Sour Cream OR Chicken on WG Bun Fries Refried Beans Salsa Lettuce & Tomato Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 4	Taco Bake w/ WG Roll OR Turkey & Cheese on WG Bun w/ Lettuce & Tomato Veggies w/ Ranch Dressing Sweet Potato Fries Toss Salad w/ Dressing Choice Spiced Apples Fresh Fruit Milk Choice 5	Corn Dog OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Cole Slaw Corn Baked Beans Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 6
Pizza OR Sweet & Sour Chicken on Rice w/ WG Roll Carrots w/ Dip Green Beans Caesar Salad Applesauce Frozen Fruit Milk Choice 9	Chicken Nuggets OR Turkey Sliced w/ Gravy WG Roll Mixed Veggies Broccoli w/ Cheese Toss Salad w/ Dressing Choice Mixed Fruit Fresh Fruit Milk Choice 10	Hotdog w/ Chili OR Burrito w/ Sour Cream & Salsa Cole Slaw Refried Beans Fries Toss Salad w/ Dressing Choice Strawberries Fresh Fruit WG Choc Chip Cookie Milk Choice 11	Spaghetti w/ Meat Sauce w/ WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 12	Hamburger on WG Bun Lettuce, Tomato & Onion OR Taco Soup w/ Tortilla Chips & Cheesy Bread Stick & Cheese Cup & Sour Cream Sweet Potato Fries Caesar Salad Peaches Fresh Fruit Milk Choice 13
Teriyaki Chicken OR Baked Lasagna WG Rolls Broccoli w/ Cheese Steamed Carrots Toss Salad w/ Dressing Choice Mixed Fruit Frozen Fruit Milk Choice 16	TACO TUESDAY Hamburger on WG Bun w/ Lettuce & Tomato & Onion OR Taco w/ Crispy Shells & Cheese Cup & Sour Cream Lettuce & Diced Tomato Refried Beans Salsa Applesauce Fresh Fruit Milk Choice 17	Chicken Nuggets w/ WG Roll OR Pizza Green Beans Cream Potatoes Toss Salad w/ Dressing Choice Blueberries Fresh Fruit Milk Choice 18	BBQ on WG Bun OR Fish on WG Bun w/ Tartar Sauce Baked Beans Cole Slaw Fries Toss Salad w/ Dressing Choice Peaches Fresh Fruit Apple Crisp Milk Choice 19	Chicken on WG Bun OR Ham & Cheese on WG Bun Lettuce & Tomato Carrots w/ Dip WG Chips Toss Salad w/ Dressing Choice Raisins Fresh Fruit Milk Choice 20
Chicken Fajita & Cheese Cup w/ Sour Cream and Salsa OR Pizza Corn Steamed Carrots Toss Salad w/ Dressing Choice Applesauce Frozen Fruit Milk Choice 23	Cheesy Mac & Cheese Pintos OR Black-eyed Peas Okra Cole Slaw Sweet Potatoes Corn Bread Strawberries Fresh Fruit Ice Cream Milk Choice 24	Quesadilla w/ Sour Cream OR Chicken on WG Bun Fries Refried Beans Salsa Lettuce & Tomato Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 25	Taco Bake w/ WG Roll OR Turkey & Cheese on WG Bun w/ Lettuce & Tomato Veggies w/ Ranch Dressing Sweet Potato Fries Toss Salad w/ Dressing Choice Spiced Apples Fresh Fruit Milk Choice 26	Corn Dog OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Cole Slaw Corn Baked Beans Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 27
Pizza OR Sweet & Sour Chicken on Rice w/ WG Roll Carrots w/ Dip Green Beans Caesar Salad Applesauce Frozen Fruit Milk Choice 30		 Have you filled at your child's Free/Reduced application yet? You can fill it out on line. It is easy and fast. Go to www.myschoolapps.com	 Your lunch tray must have at least ½ cup of Fruit or Veggie on it	 School Payments Made Easy from your computer or smartphone at walkerschools.org

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.