





TUSCALOOSA COUNTY SCHOOLS MENU

SEPTEMBER 2016

Breakfast Options:
Cereal, Toast, Fruit, 100% Juice & Assorted 1% & Skim Milk offered daily.

Lunch Options:
Assorted 1% & Skim Milk offered daily.

Additional items may be added to the menu. Please Check w/ your local schools for additional choices.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		*MENUS ARE SUBJECT TO CHANGE* 		
05 LABOR DAY	06 POPTART, YOGURT, PINEAPPLE TIDBITS OR CINNAMON ROLL BURGER CHIPOTLE NACHOS BEEF STEAK HOAGIE CHICKEN & DUMPLINS SWEET POTATO FRIES TURNIP GREENS FRESH SIDE SALAD GRAPES & STRAWBERRIES JELLO	07 CHICKEN TENDER BISCUIT, MANDARIN ORANGES OR DONUT SPICY SHICKENBUN CARNIVAL DOG SPAGHETTI W/ ITALIAN BREAD CHICKEN NUGGETS W/ WARM ROLL GREEN BEANS STEAMED CARROTS FRESH SIDE SALAD RAINBOW PEARS	01 CINNAMON ROLL, OATMEAL, SPICY APPLES OR MINI PANCAKE Fish/Bun General Tso Chicken TACO SALAD W/ MEXICAN RICE CRISPY CHICKEN SANDWICH REFRIED BEANS FIESTA CORN FRESH SIDE SALAD MIXED FRUIT 	02 BREAKFAST BOWL, TOAST, MIXED FRUIT OR MINI BAGEL BURRITO TERIYAKI CHICKEN/ASIAN RICE HAMBURGER CARNIVAL DOG FRENCH FRIES FRESH VEGGIE DIPPERS FRESH SIDE SALAD MANDARIN ORANGES
12 FRENCH TOAST STICKS, SAUSAGE LINK, PEACH SLICES OR MINI PANCAKE FISH BOAT RANCH CHEESE MELT MINI HAMBURGERS SPICY CHICKEN SANDWICH GREEN BEANS ONION RINGS FRESH SIDE SALAD FRUIT COCKTAIL	13 CHICKEN BISCUIT, GRITS, CHILLED FRUIT OR MUFFIN BURRITO CHICKEN QUESADILLA BAKED ITALIAN PASTA W/ BREADSTICK HOT DOG W/ DORITOS SPINACH FLORENTINE LEMON ROASTED CARROTS FRESH SIDE SALAD PINEAPPLE TIDBITS	14 DOUGHNUT, OATMEAL, GRAPES OR SAUSAGE BISCUIT CHEESEBURGER SWEET & SOUR CHICKEN FIESTA BASKET POPCORN CHICKEN CORN REFRIED BEANS FRESH SIDE SALAD BANANA BROWNIE	15 BREAKFAST PIZZA, FRESH FRUIT OR MINI BAGEL CHICKEN/BUN BEEF STEAK HOAGIE TERIYAKI CHICKEN W/ ASIAN RICE PIZZA POPPERS BLACK-EYED PEAS ROASTED BRUSSEL SPROUTS FRESH SIDE SALAD APPLE SMILES	16 SCRAMBLED EGGS, SAUSAGE LINK, OATMEAL & PEACH SLICES CINNAMON ROLL PIZZA CHICKEN NUGGETS/ROLL BBQ SANDWICH RED BEANS & RICE CAJUN SPICE SWEET POTATOES GREEN PEAS FRESH SIDE SALAD CHILLED SALAD
19 SAUSAGE GRAVY BISCUIT, FRESH CHERRY TOMATOES, APPLE SLICES OR MINI PANCAKE BUFFALO CHICKEN WRAP PIZZA POPPERS MINI RIB SANDWICH CHICKEN TENDER BASKET CREAM CORN STEAMED CARROTS FRESH SIDE SALAD MANDARIN ORANGES	20 YOGURT PARFAIT, MUFFIN, PEACHES OR BREAKFAST PIZZA PIZZA SPICY CHICKEN/BUN COUNTRY FRIED STEAK & GRAVY W/ WARM ROLL RANCH CHEESY MELT MASHED POTATOES GREEN BEANS FRESH SIDE SALAD FRESH PEARS	21 WAFFLE STICKS, SAUSAGE LINK, TROPICAL FRUIT OR MUFFINS BURGER CHEESE ENCHILADA LEMON PEPPER CHICKEN W/ RICE PILAF BEEF NUGGETS W/ RICE PILAF PARMESAN ROASTED BROCCOLI PINTO BEANS FRESH SIDE SALAD FRESH FRUIT ICE CREAM	22 EGGS, HASHBROWN, TOAST, ORANGE SMILES DONUT FIESTA BASKET CHICKEN NUGGETS/ROLL CHILI W/ GRILLED CHEESE BUFFALO CHICKEN PIZZA GREEN PEAS FRENCH FRIES FRESH SIDE SALAD BLUEBERRIES	23 PANCAKES, OATMEAL, MIXED FRUIT MINI BAGEL ITALIAN DUNKERS MINI CHEESEBURGERS CHICKEN NACHOS CORNDOG W/ SUNCHIPS SIDEWINDERS FRESH VEGGIE DIPPERS FRESH SIDE SALAD MIXED FRUIT
26 PILLSBURY MINI BAGELS, PINEAPPLE TIDBITS FIESTA BASKET FISH BOAT MINI PIZZA BURGERS CHICKEN TWISTER GREEN BEANS TATER TOTS FRESH SIDE SALAD PEACHES	27 SAUSAGE BISCUIT, GRITS, FRESH CHERRY TOMATOES, MIXED FRUIT PIZZA WINGS & THINGS/ROLL SWEET & SOUR CHICKEN W/ ASIAN RICE SUB SANDWICH W/ DORITOS STEAMED YELLOW SQUASH STIR FRY VEGGIES FRESH SIDE SALAD FRESH ORANGES	28 CINNAMON ROLL, OATMEAL, SPICY APPLES POPCORN CHICKEN/ROLL CHEESE ENCHILADA TACO SALAD W/ MEXICAN RICE CRISPY CHICKEN SANDWICH REFRIED BEANS FIESTA CORN FRESH SIDE SALAD MIXED FRUIT	29 BREAKFAST BOWL, TOAST, MIXED FRUIT FISH/BUN GENERAL TSO CHICKEN HAMBURGER CARNIVAL DOG FRENCH FRIES FRESH VEGGIE DIPPERS FRESH SIDE SALAD STRAWBERRIES 	30 BLUEBERRY MUFFIN, OATMEAL, FRESH FRUIT BURRITO TERIYAKI CHICKEN/ASIAN RICE ITALIAN DUNKERS BRUNCH FOR LUNCH EDAMAME LEMON ROASTED CARROTS FRESH SIDE SALAD BANANA

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