








# Shelby County Schools - Nutrition Services

## October 2018 Secondary Lunch Menu 9-12

### Serving Period: **SECONDARY LUNCH**

Monday	Tuesday	Wednesday	Thursday	Friday
-1- CHICKEN & WAFFLES SANDWICH HAMBURGER/CHEESEBURGER DELI TRIO SANDWICH/PRETZELS GRILLED CHEESE SANDWICH STEAMED BROCCOLI W/CHEESE CRINKLE CUT FRIES CHILLED MANDARIN ORANGES ASSORTED FRESH FRUIT MILK, VARIETY	-2- BEEF STEAK FINGERS W/WHEAT ROLL OR CORNBREAD SPICY CHICKEN SANDWICH DELI SANDWICH W/CHEESE/YOGURT BLAST GREEN BEANS WHIPPED POTATOES W/GRAVY CHILLED FRUIT COCKTAIL ASSORTED FRESH FRUIT MILK, VARIETY	-3- OVEN ROASTED CHICKEN W/WHEAT ROLL HAMBURGER/CHEESEBURGER DELI TRIO SANDWICH/SOY BUTTER COMBO VEGETARIAN SALAD W/WHEAT CRACKERS TURNIP GREENS SWEET POTATOES CHILED PEARS ASSORTED FRESH FRUIT MILK, VARIETY	-4- SUPREME PIZZA BUFFALO CHICKEN SLIDERS ORANGE CHICKEN W/RICE DELUXE VEGETARIAN SANDWICH CHEF SALAD W/WHEAT CRACKERS ROMAINE GARDEN SALAD/CARROT COINS CHILED PEACHES ASSORTED FRESH FRUIT MILK, VARIETY	-5- HOT WINGS BBQ CHICKEN NACHOS HAMBURGER/CHEESEBURGER/CHEESE PIZZA DELI SANDWICH W/CHEESE SANTA FE CHICKEN SALAD/W WHEAT CRACKERS FIESTA BEANS/FRUIT SLUSH CHILLED PINEAPPLE ASSORTED FRESH FRUIT MILK, VARIETY
-8- <b>FALL BREAK</b> 	-9- <b>FALL BREAK</b> 	-10- <b>FALL BREAK</b> 	-11- <b>FALL BREAK</b> 	-12- <b>FALL BREAK</b> 
-15- CHICKEN TENDERS W/WHEAT ROLL HAMBURGER/CHEESEBURGER DELI TRIO SANDWICH GRILLED CHEESE SANDWICH STEAMED BROCCOLI W/CHEESE CRINKLE CUT FRIES CHILLED PEACHES ASSORTED FRESH FRUIT MILK, VARIETY	-16- ROASTED TURKEY W/GRAVY W/WHEAT ROLL OR CORNBREAD SPICY CHICKEN SANDWICH DELI SANDWICH W/CHEESE/YOGURT BLAST GREEN BEANS ROASTED REDSKIN POTATOES CHILLED FRUIT COCKTAIL ASSORTED FRESH FRUIT MILK, VARIETY	-17- OVEN FRIED CHICKEN W/WHEAT ROLL HAMBURGER/CHEESEBURGER DELI TRIO SANDWICH/SOY BUTTER COMBO VEGETARIAN SALAD W/WHEAT CRACKERS TURNIP GREENS SWEET POTATOES CHILED PEARS ASSORTED FRESH FRUIT MILK, VARIETY	-18- CHEESE BREADSTICK W/MARINARA BREADED CHICKEN SANDWICH HONEY FIRE CHICKEN W/RICE HUMMUS DIPPERS W/CHEESE CHEF SALAD W/WHEAT CRACKERS ROMAINE GARDEN SALAD/CARROT COINS CHILLED PEACHES ASSORTED FRESH FRUIT MILK, VARIETY	-19- BEEF NACHOS HAMBURGER/CHEESEBURGER DELI SANDWICH W/CHEESE CHEESE PIZZA SANTA FE CHICKEN SALAD W/WHEAT CRACKERS WHOLE KERNEL CORN/FIESTA BEANS CHILLED PINEAPPLE ASSORTED FRESH FRUIT MILK, VARIETY
-22- CHICKEN & WAFFLES SANDWICH HAMBURGER/CHEESEBURGER DELI TRIO SANDWICH/PRETZELS GRILLED CHEESE SANDWICH STEAMED BROCCOLI W/CHEESE CRINKLE CUT FRIES CHILLED MANDARIN ORANGES ASSORTED FRESH FRUIT MILK, VARIETY	-23- BEEF STEAK FINGERS W/WHEAT ROLL OR CORNBREAD SPICY CHICKEN SANDWICH DELI SANDWICH W/CHEESE/YOGURT BLAST GREEN BEANS WHIPPED POTATOES W/GRAVY CHILLED FRUIT COCKTAIL ASSORTED FRESH FRUIT MILK, VARIETY	-24- OVEN ROASTED CHICKEN W/WHEAT ROLL HAMBURGER/CHEESEBURGER DELI TRIO SANDWICH/SOY BUTTER COMBO VEGETARIAN SALAD W/WHEAT CRACKERS TURNIP GREENS SWEET POTATOES CHILED PEARS ASSORTED FRESH FRUIT MILK, VARIETY	-25- SUPREME PIZZA BUFFALO CHICKEN SLIDERS ORANGE CHICKEN W/RICE DELUXE VEGETARIAN SANDWICH CHEF SALAD W/WHEAT CRACKERS ROMAINE GARDEN SALAD/CARROT COINS CHILED PEACHES ASSORTED FRESH FRUIT MILK, VARIETY	-26- HOT WINGS BBQ CHICKEN NACHOS HAMBURGER/CHEESEBURGER/CHEESE PIZZA DELI SANDWICH W/CHEESE SANTA FE CHICKEN SALAD/W WHEAT CRACKERS FIESTA BEANS/FRUIT SLUSH CHILLED PINEAPPLE ASSORTED FRESH FRUIT MILK, VARIETY
-29- CHICKEN TENDERS W/WHEAT ROLL HAMBURGER/CHEESEBURGER DELI TRIO SANDWICH GRILLED CHEESE SANDWICH STEAMED BROCCOLI W/CHEESE CRINKLE CUT FRIES CHILLED PEACHES ASSORTED FRESH FRUIT MILK, VARIETY	-30- ROASTED TURKEY W/GRAVY W/WHEAT ROLL OR CORNBREAD SPICY CHICKEN SANDWICH DELI SANDWICH W/CHEESE/YOGURT BLAST GREEN BEANS ROASTED REDSKIN POTATOES CHILLED FRUIT COCKTAIL ASSORTED FRESH FRUIT MILK, VARIETY	-31- OVEN FRIED CHICKEN W/WHEAT ROLL HAMBURGER/CHEESEBURGER DELI TRIO SANDWICH/SOY BUTTER COMBO VEGETARIAN SALAD W/WHEAT CRACKERS TURNIP GREENS SWEET POTATOES CHILED PEARS ASSORTED FRESH FRUIT MILK, VARIETY		

MILK – STUDENTS HAVE A CHOICE OF SKIM, 1% OR CHOCOLATE MILK. OTHER FLAVORED MILKS ARE ONLY OFFERED DURING LUNCH.

\*MENUS ARE SUBJECT TO CHANGE\*

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