Amite County High School

February 2020 Lunch Menu

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Feb - 3  Chicken Tenders  Mashed Potatoes /Cheese  Green Beans  Roll  Ketchup 2  Dipping Sauce 1  Pineapple Tidbits  Assorted Fruit Juices  Assorted Milk | Feb - 4  BBQ Meatball Hoagie  Spicy Fries  Confetti Coleslaw  Applesauce  Assorted Fruit Juices 7-12  Ketchup 2  Mayonnaise 1  Assorted Milk | Feb - 5  Cheesy Chicken / rice  Cornbread  Mustard Greens  Sliced Carrots  Chilled Peach Slices  Assorted Fruit Juices  Assorted Milk | Feb - 6  Chicken Noodle Soup  Cheesy Breadstick  Saltine Crackers 1  Whole Kernel Corn  Cucumber Sticks /Dip  Baby Carrots /Dip  Assorted Fruit Juices 7-12  Apricots  Assorted Milk | Feb - 7  Corn Dog  Sweet Potato Fries  Baked Beans  Sliced Strawberries  Assorted Fruit Juices  Chocolate ChipCookie 7-12  Ketchup 3  Mustard 1  Assorted Milk |
| Feb - 10  Mandarin Chicken  Stir Fried Rice  California Veggies  Sliced Carrots  Roll  Chilled Peach Slices  Assorted Fruit Juices 7-12  Assorted Milk | Feb - 11  Cheeseburger  Spicy Fries  Baked Beans  Blushing chilled Pears  Ketchup 3  Mustard 1  Mayonnaise 1  Assorted Fruit Juices  Assorted Milk | Feb - 12  Pepperoni Pizza Wedge  Fries  Spinach Salad  Fruit Crisp  Assorted Fruit Juices  Ketchup  Assorted Milk | Feb - 13  Spaghetti & Meat Sauce  Garlic Toast  Lemon-Glazed Carrots  Green Beans  Tropical Fruit  Assorted Fruit Juices  Assorted Milk | Feb – 14  Professional Development  NO STUDENTS |
| Feb – 17  No School | Feb - 18  Boneless Buffalo Wings  Roll  Macaroni and Cheese  Yam Patties  Black-Eyed Peas  Assorted Fruit Juices  Sliced Strawberries  Assorted Milk | Feb - 19  Chili  Saltine Crackers 2  Fries  Cheesy Broccoli  Ketchup 1  Apricots  Assorted Fruit Juices  Assorted Milk | Feb - 20  Breaded Steak  Rice/ gravy  Roll  Glazed Carrots  Green Beans  Chilled Peaches  Assorted Fruit Juices  Assorted Milk | Feb - 21  Sloppy Joe on Bun  Tater Tots  Mixed Vegetables  Pineapple Tidbits  Ketchup 2  Assorted Fruit Juices  Assorted Milk |
| Feb - 24  BBQ Chicken Sandwich  Fries  Lemon-Glazed Carrots  Ketchup 2  Mayonnaise 1  Mustard 1  Applesauce  Assorted Fruit Juices  Assorted Milk | Feb - 25  Salisbury Steak  Mashed Potatoes /gravy  Lima Beans  Roll  Assorted Fruit Juices  Fruit Crisp  Assorted Milk | Feb - 26  Chicken and Sausage  Gumbo over Rice  Saltine Crackers 1  Spinach Salad  Yam Patties  Chilled Peach Slices  Assorted Fruit Juices  Assorted Milk | Feb - 27  Red Beans & Rice  /Sausage  Cornbread  Seasoned Cabbage  Baby Carrots /dip  Assorted Fruit Juices  Mandarin Fruit Cup  Assorted Milk | Feb - 28  Hot Dog  Tater Tots  California Veggies  Ketchup 3  Mayonnaise 1  Mustard 1  Sugar Cookie 7-12  Pineapple Tidbits  Assorted Fruit Juices  Assorted Milk |

\*\*\* Students are encouraged to select five components:

Fruit, Vegetable, Grain, Meat/Meat Alternative and Milk. However, students are only required to select three components with one being a fruit or vegetable. \*\*\*

Milk served daily:1% non-flavored and fat-free flavored

(ex: chocolate, strawberry, vanilla)

\*\*\* Menu subject to change due to unforeseen circumstances\*\*\*

\*\*This institution is an equal Opportunity Provider and Employer\*\*