

# October 2020 Mobile County Public School System K-8 Menu

## LUNCH



**\*\*MENUS ARE SUBJECT TO CHANGE\*\***

All meals served w/1% Choc, Strawberry, or reduced fat white milk.

All meals served w/fresh, canned or frozen fruit.

100% fruit juice served daily w/breakfast & 2x's per week w/lunch.



**Nutrition Tip:** Make half your plate veggies and fruits.

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

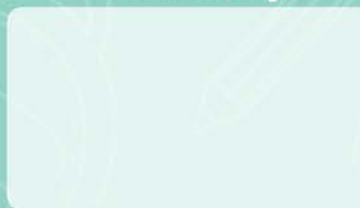
### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Oven Roasted Chicken Wings **1**  
Mashed Potatoes  
Lima Beans  
Roll or Cornbread

Sloppy Joe or Hamburger on Bun **2**  
Tater Tots  
Romaine & Tomatoes  
  
Ketchup

Pork Rib Patty on Bun **5**  
Baked Beans  
Sweet Potato Fries or Carrots

Spaghetti w/Meat Sauce **6**  
Or Lasagna Rollups (2)  
Garden Salad  
Corn (On Cob)  
Breadstick

Wings **7**  
Green Beans  
Fries  
Roll  
  
Ketchup

Chicken Gumbo w/Rice **8**  
Mixed Veggies  
Green Salad  
Crackers

Hot Dog **9**  
Cole Slaw  
Potato Wedges  
Juice Cup  
  
Ketchup & Mustard

Chicken Bites **12**  
Green Beans  
Sweet Potato Fries  
Roll or Biscuit

BBQ Chicken Fajita on Bun **13**  
Tater Tots  
Romaine & Tomatoes  
  
Ketchup

Beef Taco Meat **14**  
Jumbo Taco Shell or  
Tortilla Chips  
Black Beans  
Corn  
Brownie

Salisbury Steak or Crispy **15**  
Chicken Wings  
Mashed Potatoes  
Green Sweet Peas  
Biscuit

Deli Sub or Hamburger **16**  
Romaine & Tomatoes  
Fries  
WG Cookie

Chicken Quesadilla or Beef **19**  
Bean Burrito  
Spanish Rice  
Mixed Veggies  
Romaine & Tomato  
Shredded Cheese

Crispito **20**  
Black Beans  
Corn  
Shredded Cheese  
  
Sour Cream & Taco Sauce

Chili w/Rice **21**  
Broccoli or Green Salad  
Carrots  
Cornbread or Tortilla Chips

Chicken Tenders **22**  
Dutch Waffle or Roll  
Green Beans  
Sweet Potato Fries

Corn Dog **23**  
Fries  
Garden Salad  
Chips

Cheesy Bottom Pizza **26**  
Garden Salad  
Fries  
  
Ketchup

Breaded Chicken Patty on Bun **27**  
Green Beans  
Carrots

Mozzarella Cheese Sticks **28**  
Potato Soup  
Broccoli Florets  
  
Rice Krispie Treat or Graham  
Snack

Oven Roasted Chicken Wings **29**  
Mashed Potatoes  
Lima Beans  
Roll or Cornbread

Sloppy Joe or Hamburger on Bun **30**  
Tater Tots  
Romaine & Tomatoes  
  
Ketchup