

October 2020 Mobile County Public School System 9-12 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 & 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

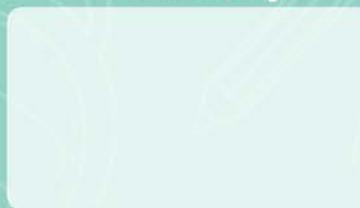
Monday

Tuesday

Wednesday

Thursday

Friday



Salisbury Steak **1**
Mashed Potatoes w/Gravy
Green Sweet Peas
Biscuit

Deli Sub or Shrimp Poppers **2**
On Bun
Pickle Spear
Broccoli Florets
Fries
WG Cookie

Chicken Quesadilla or Beef **5**
Bean Burrito
Spanish Rice
Mixed Veggies
Romaine & Tomato
Shredded Cheese

Crispito **6**
Black Beans
Corn (on Cob)
Shredded Cheese
Sour Cream & Taco Sauce

Chili w/Rice **7**
Broccoli
Carrots
Cornbread or Tortilla Chips

Chicken Tenders **8**
Dutch Waffle or Roll
Green Beans
Sweet Potato Fries

Corn Dog **9**
Fries
Garden Salad
Chips

Cheesy Bottom Pizza **12**
Garden Salad
Fries
Rice Krispy Treat
Ketchup

Breaded Chicken Patty on Bun **13**
Green Beans
Carrots

Mozzarella Cheese Sticks **14**
Potato Soup
Broccoli Florets
Brownie or Graham Cracker

Oven Roasted Chicken Wings **15**
Mashed Potatoes
Collard or Turnip Greens
Roll or Cornbread

Sloppy Joe or Hamburger on Bun **16**
Tater Tots
Romaine & Tomatoes
Pickle Spear
Ketchup

Beef Rib Patty or Pulled Pork **19**
On Bun
Baked Beans
Sweet Potato Fries or Carrots

Spaghetti w/Meat Sauce **20**
Garden Salad
Corn (Corn on Cob)
Breadstick

Wings **21**
Green Beans
Fries
Roll
Ketchup

Chicken Gumbo w/Rice **22**
Mixed Veggies
Green Salad
Crackers

Sausage Dog **23**
Cole Slaw
Potato Wedges
Juice Cup
Ketchup & Mustard

Chicken Bites **26**
Green Beans
Sweet Potato Fries or Carrots
Roll
Honey Mustard

BBQ Chicken Fajita on Bun or Tortilla Wrap **27**
Romaine & Tomatoes
Tater Tots
Ketchup

Beef Taco Meat **28**
Jumbo Taco Shell or Tortilla Chips
Black Beans
Corn (On Cob)
Garden Salad
Shredded Cheddar Cheese

Salisbury Steak **29**
Mashed Potatoes w/Gravy
Green Sweet Peas
Biscuit

Deli Sub or Shrimp Poppers **30**
On Bun
Pickle Spear
Broccoli Florets
Fries
WG Cookie