Amite County High School

August 2019 Lunch Menu

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Aug – 5 | Aug - 6  Spaghetti & Meat Sauce  Garlic Toast  Lemon-Glazed Carrots  Southern Green Beans  Tropical Fruit  Assorted Fruit Juices  Assorted Milk | Aug - 7  Pepperoni Pizza Wedge  Crinkle Cut Fries  California Veggies  Fruit Crisp  Assorted Fruit Juices  Ketchup 2  Assorted Milk | Aug - 8  Chili Cheese over Chip  Whole Kernel Corn  Tossed Salad w/ Dressing  Blushing Chilled Pears  Assorted Fruit Juices  Assorted Milk | Aug - 9  Mandarin Chicken  Stir Fried Rice  Roll  Black-Eyed Peas  Steamed Carrots  Chilled Peach Slices  Assorted Fruit Juices  Assorted Milk |
| Aug - 12  Chicken Tenders  Mashed Potatoes /Cheese  Green Peas  Whole Wheat Roll  Ketchup 1 or 1 Dipping Sauce  Pineapple Tidbits  Assorted Fruit Juices  Assorted Milk | Aug - 13  Sloppy Joe on Bun  Crinkle Cut Fries  Steamed Cabbage  Ketchup 1  Mandarin Fruit Cup  Assorted Fruit Juices  Assorted Milk | Aug - 14  Honey BBQ Chicken Bites  Roll  Cheesy Broccoli  Baby Carrots w/ Dressing  Tomato & Cucumber Salad  Assorted Fruit Juices  Fresh Oranges  Assorted Milk | Aug - 15  BBQ Meatball Hoagie  Spicy Fries  California Veggies  Applesauce  Assorted Fruit Juices  Ketchup 1  Mayonnaise 1  Assorted Milk | Aug - 16  Corn Dog  Sweet Potato Fries  Baked Beans  Assorted Fruit Juices  Fruit Crisp  Ketchup 2  Mustard 1  Assorted Milk |
| Aug - 19  Chicken Salad on bun  Chicken Salad w/Crack  Spicy Fries  Green Beans  Vanilla Pudding  Pear Salad  Assorted Fruit Juices  Assorted Milk | Aug - 20  Chef Salad  OR  Beef-A-Roni  Garlic Toast  Cream-Style Corn  Tossed Salad w/ Dressing  Fresh Oranges  Assorted Fruit Juices  Assorted Milk | Aug - 21  Cheeseburger  Tater Tots  Baby Carrots w/ Dressing  Ketchup 3  Mayonnaise 1  Mustard 1  Pineapple Tidbits  Assorted Fruit Juices  Assorted Milk | Aug - 22  Cheesy Chicken /Rice  Roll  Black-Eyed Peas  Sliced Carrots  Chilled Peach Slices  Assorted Fruit Juices  Assorted Milk | Aug - 23  BBQ Chicken Sandwich  Crinkle Cut Fries  Creamy Coleslaw  Applesauce  Assorted Fruit Juices  Chocolate Chip Cookie  Ketchup 3  Mayonnaise 1  Assorted Milk |
| Aug - 26  Meatloaf  Mashed Potatoes / Gravy  California Veggies Yeast Roll  Assorted Fruit Juices  Fruit Crisp  Assorted Milk | Aug - 27  Tuna Salad / Crackers  OR  Boneless Buffalo  Hot Wings  Roll  Macaroni and Cheese  Yam Patties  Black-Eyed Peas  Assorted Fruit Juices  Sliced Strawberries  Assorted Milk | Aug - 28  Chicken Spaghetti  Garlic Toast  Lemon-Glazed Carrots  Tossed Salad w/ Dress Tropical Fruit  Assorted Fruit Juices  Assorted Milk | Aug - 29  Beefy Nachos Grande  Taco Sauce  Sour Cream  Whole Kernel Corn  Cucumber Sticks/dressing  Assorted Fruit Juices  Pineapple Tidbits  Assorted Milk | Aug - 30  Grilled OR Spicy Chicken Sandwich  Sweet Potato Fries  Cheesy Broccoli  Fresh Apples  Assorted Fruit Juices  Ketchup 1  Mayonnaise 1  Mustard 1  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: fat-free flavored milk and 1% white milk.  \*\*Menu subject to change due to unforeseen circumstances\*\*  \*\*\*This institution is an equal Opportunity Provider and Employer\*\*\* | | | | |