

Meat/Alternate Other Vegetables

Grains Starchy Vegetables

Red/Orange Vegetables Dark Green Vegetables

Fruit Legumes

Elementary School: Choice of milk, fruit, PB&J sandwich, and pizza served with all meals

Middle and High School: Choice of milk, fruit, PB&J sandwich, pre-plated salad, and pizza served with all meals

Choice of broccoli florets, carrot sticks, and celery sticks served with all meals

Philly Steak on a Bun

Peppers and Onions

Yams

Chips

Side Salad

Winter

Break

Menu Subject to Change

Vegetable Beef Soup

Grilled Cheese Sandwich

Steamed Broccoli

Side Salad

Sub Sandwich

Lettuce/Tomatoes

Pasta Salad

Steamed Carrots

Cheez It

Spaghetti

Steamed Corn

Side Salad

Roll

Winter

Break

Winter

Break

Winter

Break

Winter

Break

Winter

Break

Early Release

Ham Sandwich

Lettuce/Tomatoes

Chips

Carrot Sticks w/Ranch

Cookies

Corndog

Coleslaw

Baked Beans

Steamed Broccoli

Fries

Mashed Potatoes

Ham/Turkey w/Gravy

Green Beans

Fruit Salad

Side Salad

Roll

Cheese Sticks

Marinara Sauce

Side Salad

Green Peas

California Blend

Breakfast for Lunch

Grits

Eggs

 Sausage

Biscuits

Tater Rounds

Baked Chicken

Scalloped Potatoes

Black-Eye Peas

Side Salad

Roll

B.B.Q. on a Bun

Coleslaw

Baked Beans

Yams

Sloppy Joe on a Bun

Sweet Potato Fries

Steamed Broccoli

Side Salad

Chicken Tenders

Tri-Tater

Side Salad

Green Beans

Roll

Chicken Sandwich

Fries

Lettuce/Tomatoes

Baked Beans

**DECEMBER 2019**

Quitman County Schools

Winter

Break

Cheeseburger

Lettuce

Yam Patties

Green Beans

Chips