

November 2020

Mobile County Public Schools 9-12 Menu

LUNCH



****Menus are Subject to Change****
 All meals served w/1% chocolate, strawberry, or reduced fat white milk.
 All meals served w/fresh, frozen or canned fruit daily and 100% fruit juice daily at breakfast and twice per week with lunch.



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Quesadilla or Beef Burrito **2**
 Spanish Rice
 Mixed Veggies
 Romaine & Tomato
 Shredded Cheese

End of 1st Quarter No School **3**

Chili w/Rice **4**
 Broccoli
 Carrots
 Cornbread or Tortilla Chips

Chicken Tenders **5**
 Dutch Waffle or Roll
 Green Beans
 Sweet Potato Fries

Corndog **6**
 Fries
 Garden Salad
 Chips
 Ketchup

Cheesy Bottom Pizza **9**
 Garden Salad
 Fries
 Rice Krispy Treat
 Ketchup

Breaded Chicken Patty on Bun **10**
 Green Beans
 Carrots



Oven Roasted Chicken Wings **12**
 Mashed Potatoes
 Collard or Turnip Greens
 Roll or Cornbread

Sloppy Joe or Hamburger on Bun **13**
 Tater Tots
 Romaine & Tomatoes
 Pickle Spear
 Ketchup

Beef Rib Patty or Pulled Pork **16**
 On Bun
 Baked Beans
 Sweet Potato Fries or Carrots

Spaghetti w/Meat Sauce **17**
 Garden Salad
 Corn (on cob)
 Breadstick

Wings **18**
 Green Beans
 Fries
 Roll
 Ketchup

Chicken Gumbo **19**
 Mixed Veggies
 Green Salad
 Crackers

Sausage Dog on Bun **20**
 Coleslaw
 Potato Wedges
 Juice Cup
 Ketchup & Mustard

Thanksgiving Break **23**

Thanksgiving Break **24**

Thanksgiving Break **25**



Thanksgiving Break **27**

Chicken Quesadilla or Beef Burrito **30**
 Spanish Rice
 Mixed Veggies
 Romaine & Tomato
 Shredded Cheese

