# Amite County Elementary School

October 2019 Lunch Menu

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | Oct - 1  Tuna Salad/ Crackers  OR  Hot Dog  Sweet Potato Fries  Garden Salad  Ketchup 1 Mustard 1  Mayonnaise 1  Bananas  Assorted Milk | Oct - 2  Sloppy Joe on Bun  Tater Tots  Confetti Coleslaw  Ketchup 1  Chilled Diced Pears  Assorted Milk | Oct - 3  Cheesy Chicken / Rice  Seasoned Cabbage  Lemon-Glazed Carrots  Cornbread  Sliced Strawberries  Assorted Milk | Oct - 4  Spaghetti & Meat Sauce  Garlic Toast  Cream-Style Corn  Cheesy Broccoli  Assorted Fruit Juices  Assorted Milk |
| Oct - 7  Pepperoni Pizza  Spicy Fries  Green Beans  Chilled Peaches  Ketchup 1  Assorted Milk | Oct - 8  Chicken Salad / Crackers  OR  Chicken Quesadillas  Tossed Salad  Cheesy Broccoli  Fruited Gelatin Sour Cream 1  Assorted Milk | Oct - 9  Mandarin Chicken  Stir Fried Rice  Roll  Black-Eyed Peas  Sliced Carrots  Mandarin Fruit Cup  Assorted Milk | Oct - 10  BBQ Chicken Sandwich  Tater Tots  Creamy Coleslaw  Ketchup 1  Orange Smiles  Assorted Milk | Oct - 11  Beefy Nachos Grande  Whole Kernel Corn  Raw Veggies with Dip  Chocolate Chip Cookie  Applesauce  Taco Sauce 1  Sour Cream 1  Assorted Milk |
| Oct – 14  No School | Oct - 15  Glazed BBQ Meatballs  Roll  Potato Wedges  California Veggies  Pineapple Tidbits  Ketchup 1  Assorted Milk | Oct - 16  Hamburger  Fries  Lemon-Glazed Carrots  Fruit Cocktail  Ketchup 1 Mayonnaise 1  Mustard 1  Assorted Milk | Oct - 17  Salisbury Steak  Rice / Gravy  Black-Eyed Peas  Steamed Carrots  Roll  Blushing Chilled Pears  Assorted Milk | Oct - 18  Honey BBQ Chicken  Roll  Sweet Potato  Cheesy Broccoli  Oranges  Assorted Milk |
| Oct - 21  Chicken Nuggets  Roll  Mashed Potatoes/Cheese  Lima Beans  Chilled Peach Slices  Ketchup 1  Assorted Milk | Oct - 22  Chef Salad  OR  Corn Dog  Tater Tots  Tossed Salad  Frozen Fruit Juice Cup  Ketchup 1 Mustard 1  Assorted Milk | Oct - 23  Red Beans, Rice & Sausage  Cornbread  Yam Patties  Mustard Greens  Fresh Oranges  Assorted Milk | Oct - 24  Grilled or Spicy Chicken Sandwich  Fries  Baked Beans  Assorted Fruit Juices  Mayonnaise 1  Mustard 1 Ketchup 1  Assorted Milk | Oct - 25  Beef-A-Roni  Cream-Style Corn Green Beans  Roll  Mandarin Fruit Cup  Assorted Milk |
| Oct - 28  Chicken Tenders  Mashed Potatoes / Gravy  Black-Eyed Peas  Whole Wheat Roll  Applesauce  Assorted Milk | Oct - 29  Tuna Salad / Crackers  OR  Hot Dog  Sweet Potato Fries  Garden Salad  Ketchup 1 Mustard 1  Mayonnaise 1  Bananas  Assorted Milk | Oct - 30  Sloppy Joe on Bun  Tater Tots  Confetti Coleslaw  Ketchup 1  Chilled Diced Pears  Assorted Milk | Oct - 31  Cheesy Chicken / Rice  Mustard Greens  Lemon-Glazed Carrots  Cornbread  Fruited Gelatin  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 Chocolate and Fat-free Strawberry milk; 1% milk and skim milk.

\*\*\*Menu subject to change due to unforeseen circumstances.\*\*\*

\*\*\*This institution is an equal Opportunity Provider and Employer.\*\*\*