# Amite County Elementary School

 October 2019 Lunch Menu

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | Oct - 1Tuna Salad/ CrackersORHot DogSweet Potato FriesGarden SaladKetchup 1 Mustard 1Mayonnaise 1BananasAssorted Milk | Oct - 2Sloppy Joe on BunTater TotsConfetti ColeslawKetchup 1Chilled Diced PearsAssorted Milk | Oct - 3Cheesy Chicken / RiceSeasoned CabbageLemon-Glazed CarrotsCornbreadSliced StrawberriesAssorted Milk | Oct - 4Spaghetti & Meat SauceGarlic ToastCream-Style CornCheesy BroccoliAssorted Fruit JuicesAssorted Milk |
| Oct - 7Pepperoni Pizza Spicy FriesGreen BeansChilled PeachesKetchup 1Assorted Milk | Oct - 8Chicken Salad / CrackersORChicken QuesadillasTossed Salad Cheesy BroccoliFruited Gelatin Sour Cream 1Assorted Milk | Oct - 9Mandarin ChickenStir Fried RiceRollBlack-Eyed PeasSliced CarrotsMandarin Fruit CupAssorted Milk | Oct - 10BBQ Chicken SandwichTater TotsCreamy ColeslawKetchup 1 Orange SmilesAssorted Milk | Oct - 11Beefy Nachos GrandeWhole Kernel CornRaw Veggies with DipChocolate Chip CookieApplesauceTaco Sauce 1Sour Cream 1Assorted Milk |
| Oct – 14No School | Oct - 15Glazed BBQ MeatballsRollPotato WedgesCalifornia VeggiesPineapple TidbitsKetchup 1Assorted Milk | Oct - 16Hamburger FriesLemon-Glazed CarrotsFruit CocktailKetchup 1 Mayonnaise 1Mustard 1Assorted Milk | Oct - 17Salisbury Steak Rice / GravyBlack-Eyed PeasSteamed CarrotsRollBlushing Chilled PearsAssorted Milk | Oct - 18Honey BBQ Chicken RollSweet Potato Cheesy BroccoliOrangesAssorted Milk |
| Oct - 21Chicken NuggetsRollMashed Potatoes/CheeseLima BeansChilled Peach SlicesKetchup 1Assorted Milk | Oct - 22Chef SaladORCorn DogTater TotsTossed Salad Frozen Fruit Juice CupKetchup 1 Mustard 1Assorted Milk | Oct - 23Red Beans, Rice & SausageCornbreadYam PattiesMustard GreensFresh OrangesAssorted Milk | Oct - 24Grilled or Spicy Chicken SandwichFriesBaked BeansAssorted Fruit JuicesMayonnaise 1Mustard 1 Ketchup 1Assorted Milk | Oct - 25Beef-A-RoniCream-Style Corn Green BeansRollMandarin Fruit CupAssorted Milk |
| Oct - 28Chicken TendersMashed Potatoes / GravyBlack-Eyed PeasWhole Wheat RollApplesauceAssorted Milk | Oct - 29Tuna Salad / CrackersORHot DogSweet Potato FriesGarden SaladKetchup 1 Mustard 1Mayonnaise 1BananasAssorted Milk | Oct - 30Sloppy Joe on BunTater TotsConfetti ColeslawKetchup 1Chilled Diced PearsAssorted Milk | Oct - 31Cheesy Chicken / RiceMustard GreensLemon-Glazed CarrotsCornbreadFruited 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.\*\*\*