# Amite County High School

October 2019 Lunch Menu

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | Oct - 1  Spaghetti & Meat Sauce  Garlic Toast  Lemon-Glazed Carrots  Southern Green Beans  Tropical Fruit  Assorted Fruit Juices  Assorted Milk | Oct - 2  Pepperoni Pizza Wedge  Crinkle Cut Fries  Spinach Salad  Fruit Crisp  Assorted Fruit Juices  Ketchup 1  Assorted Milk | Oct - 3  Cheeseburger  Spicy Fries  Baked Beans  Blushing Chilled Pears  Assorted Fruit Juices  Ketchup 3 Mustard 1  Mayonnaise 1  Assorted Milk | Oct - 4  Mandarin Chicken  Stir Fried Rice  California Veggies  Green Peas  Roll  Chilled Peach Slices  Assorted Fruit Juices 9-12  Assorted Milk |
| Oct - 7  Chicken Tenders  Mashed Potatoes/Cheese  Seasoned Cabbage  Roll  Ketchup 2  Variety of Dipping Sauce 2  Pineapple Tidbits  Assorted Fruit Juices  Assorted Milk | Oct - 8  Chicken Salad on bun  Sloppy Joe on Bun  Crinkle Cut Fries  Confetti Coleslaw  Ketchup 2  Mandarin Fruit Cup  Assorted Fruit Juices  Assorted Milk | Oct - 9  Chicken Drumstick  Macaroni and Cheese  Tossed Salad w/ Dress  Steamed Carrots  Yeast Roll  Assorted Fruit Juices 9-12  Fresh Oranges  Assorted Milk | Oct - 10  Glazed BBQ Meatballs on Hoagie Bun Spicy Fries  Green Beans  Applesauce  Assorted Fruit Juices 9-12  Ketchup 2  Mayonnaise  Assorted Milk | Oct - 11  Corn Dog  Sweet Potato Fries  Baked Beans  Assorted Fruit Juices  Fruit Crisp  Ketchup 3  Mustard 1  Assorted Milk |
| Oct – 14  No School | Oct - 15  Meatloaf  Mashed Potatoes / Gravy  California Veggies  Roll  Assorted Fruit Juices  Fruit Crisp  Assorted Milk | Oct - 16  BBQ Chicken Sandwich  Fries  Mixed Vegetables  Baby Carrots w/ Dressing  Applesauce  Assorted Fruit Juices  Chocolate Chip Cookie 9-12  Ketchup 3  Mayonnaise 1  Assorted Milk | Oct - 17  Cheesy Chicken / Rice  Cornbread  Mustard Green  Sliced Carrots  Chilled Peach Slices  Assorted Fruit Juices  Assorted Milk | Oct - 18  Cheeseburger  Tater Tots  Baked Beans  Lemon-Glazed Carrots  Ketchup 3  Mayonnaise 1  Mustard 1  Pineapple Tidbits  Assorted Fruit Juices  Assorted Milk |
| Oct - 21  Chicken Spaghetti  Garlic Toast  Lemon-Glazed Carrots  Green Peas  Tropical Fruit  Assorted Fruit Juices  Assorted Milk | Oct - 22  Tuna Salad / Crackers  OR  Boneless Hot Wings  Roll  Macaroni and Cheese  Yam Patties  Black-Eyed Peas  Assorted Fruit Juices  Sliced Strawberries  Assorted Milk | Oct - 23  Red Beans/Rice  With Sausage  Cornbread  Seasoned Cabbage  Spinach Salad  Assorted Fruit Juices  Mandarin Fruit Cup  Assorted Milk | Oct - 24  Beefy Nachos Grande  Taco Sauce 1  Sour Cream 1  Kernel Corn  Cucumber Sticks /Dip  Assorted Fruit Juices  Pineapple Tidbits  Assorted Milk | Oct - 25  Grilled or Spicy Chicken Sandwich  Sweet Potato Fries  Cheesy Broccoli  Fresh Apples  Assorted Fruit Juices  Ketchup 1  Mayonnaise 1  Mustard 1  Assorted Milk |
| Oct - 28  Mandarin Chicken  Stir Fried Rice  California Veggies  Green Peas  Roll  Chilled Peach Slices  Assorted Fruit Juices  Assorted Milk | Oct - 29  Spaghetti & Meat Sauce  Garlic Toast  Lemon-Glazed Carrots  Green Beans  Tropical Fruit  Assorted Fruit Juices  Assorted Milk | Oct - 30  Pepperoni Pizza Wedge  Fries  Spinach Salad  Fruit Crisp  Assorted Fruit Juices  Ketchup  Assorted Milk | Oct - 31  Baked Chicken  Cheesy Broccoli  Sliced Carrots  Roll  Assorted Fruit Juices  Fresh Oranges  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.\*\*\*