# Amite County High School

 October 2019 Lunch Menu

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | Oct - 1Spaghetti & Meat SauceGarlic ToastLemon-Glazed CarrotsSouthern Green BeansTropical FruitAssorted Fruit JuicesAssorted Milk | Oct - 2Pepperoni Pizza WedgeCrinkle Cut FriesSpinach SaladFruit CrispAssorted Fruit JuicesKetchup 1Assorted Milk | Oct - 3CheeseburgerSpicy FriesBaked BeansBlushing Chilled PearsAssorted Fruit JuicesKetchup 3 Mustard 1Mayonnaise 1Assorted Milk | Oct - 4Mandarin ChickenStir Fried RiceCalifornia VeggiesGreen PeasRollChilled Peach SlicesAssorted Fruit Juices 9-12Assorted Milk |
| Oct - 7Chicken TendersMashed Potatoes/CheeseSeasoned CabbageRollKetchup 2Variety of Dipping Sauce 2Pineapple TidbitsAssorted Fruit JuicesAssorted Milk | Oct - 8Chicken Salad on bunSloppy Joe on BunCrinkle Cut FriesConfetti ColeslawKetchup 2Mandarin Fruit CupAssorted Fruit JuicesAssorted Milk | Oct - 9Chicken DrumstickMacaroni and CheeseTossed Salad w/ DressSteamed CarrotsYeast RollAssorted Fruit Juices 9-12Fresh OrangesAssorted Milk | Oct - 10Glazed BBQ Meatballs on Hoagie Bun Spicy FriesGreen BeansApplesauceAssorted Fruit Juices 9-12Ketchup 2MayonnaiseAssorted Milk | Oct - 11Corn DogSweet Potato FriesBaked BeansAssorted Fruit JuicesFruit CrispKetchup 3 Mustard 1Assorted Milk |
| Oct – 14No School | Oct - 15MeatloafMashed Potatoes / GravyCalifornia VeggiesRollAssorted Fruit JuicesFruit CrispAssorted Milk | Oct - 16BBQ Chicken SandwichFriesMixed VegetablesBaby Carrots w/ DressingApplesauceAssorted Fruit JuicesChocolate Chip Cookie 9-12Ketchup 3Mayonnaise 1Assorted Milk | Oct - 17Cheesy Chicken / RiceCornbreadMustard GreenSliced CarrotsChilled Peach SlicesAssorted Fruit JuicesAssorted Milk | Oct - 18CheeseburgerTater TotsBaked BeansLemon-Glazed CarrotsKetchup 3Mayonnaise 1Mustard 1Pineapple TidbitsAssorted Fruit JuicesAssorted Milk |
| Oct - 21Chicken SpaghettiGarlic ToastLemon-Glazed CarrotsGreen PeasTropical FruitAssorted Fruit JuicesAssorted Milk | Oct - 22Tuna Salad / CrackersORBoneless Hot WingsRollMacaroni and CheeseYam PattiesBlack-Eyed PeasAssorted Fruit JuicesSliced StrawberriesAssorted Milk | Oct - 23Red Beans/Rice With SausageCornbreadSeasoned CabbageSpinach SaladAssorted Fruit JuicesMandarin Fruit CupAssorted Milk | Oct - 24Beefy Nachos GrandeTaco Sauce 1Sour Cream 1Kernel CornCucumber Sticks /DipAssorted Fruit JuicesPineapple TidbitsAssorted Milk | Oct - 25Grilled or Spicy Chicken SandwichSweet Potato FriesCheesy BroccoliFresh ApplesAssorted Fruit JuicesKetchup 1Mayonnaise 1Mustard 1Assorted Milk |
| Oct - 28Mandarin ChickenStir Fried RiceCalifornia VeggiesGreen PeasRollChilled Peach SlicesAssorted Fruit JuicesAssorted Milk | Oct - 29Spaghetti & Meat SauceGarlic ToastLemon-Glazed CarrotsGreen BeansTropical FruitAssorted Fruit JuicesAssorted Milk | Oct - 30Pepperoni Pizza WedgeFriesSpinach SaladFruit CrispAssorted Fruit JuicesKetchupAssorted Milk | Oct - 31Baked ChickenCheesy BroccoliSliced CarrotsRollAssorted Fruit JuicesFresh OrangesAssorted 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.\*\*\*