

MINGO COUNTY SCHOOLS - CHILD NUTRITION
HIGH SCHOOL BREAKFAST/LUNCH MENU
September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**** Breakfast choices include fresh fruit, fruit juice, milk, yogurt and cereal.</p>	<p>**** Lunch choices include milk, fresh fruits and vegetables on the salad bar.</p>			<p>1 Breakfast Wrap Fruit & Juice ----- Breaded Chicken Patty on Bun Lettuce & Tomato Quick Baked Potato Broccoli Parmesan Fruit Cocktail Milk Rice Crispy Treat</p>
HOLIDAY	<p>5 Sausage Biscuit Fruit & Juice ----- Flatbread Pizza Green Beans Honey Carrot Coins Yogurt Milk Sherbet Fruit Cocktail</p>	<p>6 Peaches n Cream Dunkers Fruit & Juice ----- Chili w/ Beans Cheese filled Breadstick Caesar Salad Baked Potato w/ Margarine Mandarin Oranges Milk</p>	<p>7 Breakfast Bread Yogurt Fruit & Juice ----- Beefaroni Broccoli Parmesan Steamed Corn WG Hot Roll Applesauce Milk Scooby Bones</p>	<p>8 Breakfast Pizza Fruit & Juice ----- Breakfast for Lunch Sausage Eggs Biscuit Gravy Warm Apples Diced Potatoes Salsa Milk Orange Slices</p>
<p>11 Bagel w/ Cream Cheese or Jelly Fruit & Juice ----- Cheeseburger on WG Bun Lettuce/Tomato Quick Baked Potato Broccoli Parmesan Milk Fruit Cocktail Chex Mix</p>	<p>12 Pancake Sausage on a Stick Fruit & Juice ----- Chicken Teriyaki Nuggets Mashed Potatoes Steamed Peas Cheese Filled Breadstick w/Marinara Peaches Milk</p>	<p>13 Chicken Slider Fruit & Juice ----- School Made Pizza Steamed Corn Green Beans Yogurt Milk Pears Fruit Crisp</p>	<p>14 Berry Muffin Yogurt Fruit & Juice ----- Spaghetti w/Meat Sauce Caesar Salad w/Croutons Honey Carrot Coins WG Hot Roll w/Margarine Applesauce Milk</p>	<p>15 Egg Biscuit Fruit & Juice ----- Chicken Fajitas Lettuce, Tomato & Cheese Chips & Salsa Refried Beans Milk Rice Crispy Bar Mandarin Oranges</p>
<p>18 Pancake Minis Fruit & Juice ----- Chicken Fries Potato Wedges California Blend WG Breadstick Pears Milk Scooby Bones</p>	<p>19 MVP Breakfast & String Cheese Fruit & Juice ----- Steak & Gravy Mashed Potatoes Green Beans WG Hot Roll Peaches Milk</p>	<p>20 Grilled Cheese Fruit & Juice ----- French Bread Pizza Steamed Corn Caesar Salad Applesauce Milk Fruited Jello</p>	<p>21 Chocolate Muffin & Yogurt Fruit & Juice ----- Chicken & Noodles Broccoli Parmesan Honey Carrot Coins Cornbread Pineapple Milk Royal Brownie</p>	<p>22 Sausage Croissant Fruit & Juice ----- Tacos/Taco Salad Lettuce, Tomato & Cheese Refried Beans Spanish Rice Salsa Mandarin Oranges Milk Sherbet</p>
<p>25 Breakfast Pizza Fruit & Juice ----- Ham & Cheese on WG Bun Lettuce & Tomato Quick Baked Potato Steamed Peas Peaches Milk Fruit Juice Bar</p>	<p>26 Pancake Sausage on a Stick Fruit & Juice ----- Chicken Nuggets Red Roasted Potatoes Green Beans Cheese Filled Breadstick Fruit Cocktail Milk</p>	<p>27 Chicken Biscuit Fruit & Juice ----- Vegetable Beef Soup Grilled Cheese Crackers Caesar Salad Fresh Carrots w/Dip Fruit Crisp Milk Pears</p>	<p>28 Breakfast Pastry, String Cheese, Fruit & Juice ----- Pepperoni Roll Broccoli Parmesan Steamed Corn Applesauce Milk Yogurt Chex Mix</p>	<p>29 Strawberries & Cream Dunkers Fruit & Juice ----- Hot Dog w/Chili Baked Beans Baked Potato Cole Slaw WW Chocolate Chip Cookie Milk Jello w/Fruit</p>

MENU ITEMS ARE ALWAYS SUBJECT TO AVAILABILITY. "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."