

TUSCALOOSA COUNTY SCHOOLS

MENU


OCTOBER 2018

Breakfast Options:

Cereal, Toast, Fruit, 100% Juice & Assorted 1% & Skim Milk offered daily.

Lunch Options:

Assorted 1% & Skim Milk offered daily.
Additional items may be added to the menu. Please Check w/ your local schools for additional choices.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
01	FRENCH TOAST STICKS, SAUSAGE, FRESH FRUIT MEATLOAF W/ WARM ROLL PIZZA GREEN BEANS MAC-N-CHEESE FRESH GARDEN SALAD CHILLED FRUIT	02	CINNAMON ROLL, OATMEAL, RAINBOW PEARS TURKEY & CHEESE PANINI FISH BOAT BROCCOLI & CHEESE SWEET POTATO FRIES FRESH GARDEN SALAD PINEAPPLE TIDBITS BROWNIE PUDDING	03	SAUSAGE, GRAVY BISCUIT, YOGURT, MIXED FRUIT JAMBALAYA W/ CORNBREAD POPCORN CHICKEN W/ WARM ROLL GREEN PEAS MASHED POTATOES & GRAVY FRESH GARDEN SALAD APPLE SMILES	04	DOUGHNUT, OATMEAL, GRAPES & STRAWBERRIES TACO SALAD W/ BROWN RICE ZYDECO CHICKEN W/ WARM ROLL FIESTA CORN REFRIED BEANS FRESH GARDEN SALAD CHILLED FRUIT	05	SCRAMBLED EGGS, BACON, BISCUIT, ORANGE SLICES BUFFALO CHICKEN DIP HAMBURGER FRESH VEGGIE DIPPERS SIDEWINDERS FRESH GARDEN SALAD FRESH FRUIT
08	FALLS BREAK	09	NO SCHOOL	10	YOGURT PARFAIT, MUFFIN, BANANA CHICKEN BACON RANCH CIABATTA PIZZA SUBMARINE FRESH YELLOW SQUASH ROASTED CARROTS FRESH GARDEN SALAD MIXED FRUIT	11	CHICKEN BISCUIT, OATMEAL, PEACH SLICES SWEET & SOUR CHICKEN W/ EGG ROLL CORN DOG W/ CHIPS STIR FRY VEGGIES GREEN BEANS FRESH GARDEN SALAD RAINBOW PEARS COOKIE	12	SCRAMBLED EGGS, SAUSAGE LINK, PANCAKES, MIXED FRUIT RIBS W/ WARM ROLL CHEESEBURGER BAKED BEANS CORN ON THE COBB FRESH GARDEN SALAD FRESH FRUIT
15	FRENCH TOAST STICKS, SAUSAGE, FRESH FRUIT COUNTRY FRIED STEAK & GRAVY W/ WARM ROLL BANG BANG MASHED POTATOES & GRAVY GREEN BEANS FRESH GARDEN SALAD PINEAPPLE TIDBITS	16	CINNAMON ROLL, OATMEAL, RAINBOW PEARS MEDITERRIANIAN BEEF GYRO PIZZA MEDITERRIANIAN ROASTED VEGGIES BLACK-EYED PEAS FRESH GARDEN SALAD APPLE SMILES	17	SAUSAGE, GRAVY BISCUIT, YOGURT, MIXED FRUIT CHILI W/ CORNBREAD CHICKEN TENDER BASKET SWEET POTATO FRIES FRESH VEGGIE DIPPERS FRESH GARDEN SALAD FRESH KIWI	18	DOUGHNUT, OATMEAL, GRAPES & STRAWBERRIES SPAGHETTI W/ ITALIAN BREADSTICK CHICKEN CAESAR CLUB CORN GARLIC ROASTED ASPARAGUS FRESH GARDEN SALAD BANANA CHOCOLATE CAKE	19	SCRAMBLED EGGS, BACON, BISCUIT, ORANGE SLICES CHICKEN SALAD PLATE HAMBURGER SIDEWINDERS LEMON ROASTED CARROTS FRESH GARDEN SALAD FRSEH FRUIT
NATIONAL SCHOOL LUNCH WEEK									
22	BREAKFAST PIZZA, YOGURT, FRESH FRUIT LASAGNA W/ ITALIAN BREADSTICK POPCORN CHICKEN W/ WARM ROLL BROCCOLI & CHEESE WHIPPED SWEET POTATOES FRESH GARDEN SALAD MANDARIN ORANGES	23	SAUSAGE BISCUIT, OATMEAL, PINEAPPLE TIDBITS BBQ PLATE CRISPY CHICKEN SANDWICH BAKED BEANS COLESLAW FRESH GARDEN SALAD CHILLED FRUIT	24	YOGURT PARFAIT, MUFFIN, BANANA CHICKEN PARMESAN PANINI HOT DOG W/ BAKED CHIPS CORN PINTO BEANS FRESH GARDEN SALAD APPLE SMILES	25	CHICKEN BISCUIT, OATMEAL, PEACH SLICES HERB ROASTED CHICKEN W/ WARM ROLL ITALIAN DUNKERS TOMATO & ZUCCHINI GRATIN GREEN BEANS FRESH GARDEN SALAD RAINBOW PEARS	26	SCRAMBLED EGGS, SAUSAGE LINK, PANCAKES, MIXED FRUIT BREADED PORK CHOPS W/ WARM ROLL CHEESEBURGER ROASTED RANCH POTATOES GREEN PEAS FRESH GARDEN SALAD FRESH FRUIT
29	CINNAMON ROLL, OATMEAL, RAINBOW PEARS TURKEY & CHEESE PANINI FISH BOAT BROCCOLI & CHEESE SWEET POTATO FRIES PINEAPPLE TIDBITS	30	SAUSAGE, GRAVY BISCUIT, YOGURT, MIXED FRUIT JAMBALAYA W/ CORNBREAD POPCORN CHICKEN W/ WARM ROLL GREEN PEAS MASHED POTATOES & GRAVY FRESH GARDEN SALAD APPLE SMILES	31	FRENCH TOAST STICKS, SAUSAGE, FRESH FRUIT MEATLOAF W/ WARM ROLL PIZZA GREEN BEANS MAC-N-CHEESE FRESH GARDEN SALAD RAINBOW PEARS	<p>"We strive to be successful in food because students can't be successful without it."</p>		<p>*MENUS ARE SUBJECT TO CHANGE*</p> 	

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