



Meal Benefits Form

NOVEMBER 2022

Tuscaloosa County School System

Lunch Options:

Seasonal fruit, Juice, Fresh Garden Salad,
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

Maple Waffle w/Yogurt

1

Cheesy Chili Mac
Cheese Sticks w/Marinara
Green Beans
Sidewinders

Mini Cinnamon Rolls

2

Mini Corn Dogs
Pizza Poppers w/Marinara
Oven Fried Fries
Parmesan Roasted Broccoli

Fruit Strudel w/ Yogurt

3

Street Tacos
Choice of Pizza
Refried Beans
Corn

Breakfast Pizza

4

Cheeseburger
Hot dog
Sweet Potato Fries
Vegetable Medley



PAY FOR MEALS ONLINE

MySchoolBucks.com

Sugar Pearl Waffle w/Yogurt

7

Chicken Pot Pie in a Bread Bowl
Corn dog w/ Cheez-its
Carrots w/Herb Butter
Corn

Fruit Strudel & String Cheese

8

Spaghetti w/Garlic Knot
Chicken Nuggets w/Warm Roll
Italian Vegetables
Green Beans

Donut w/ Seasonal fruit

9

Rib-B-Que Sandwich
French Bread Pizza
Baked Beans
Tater Tots

Waffles w/ Yogurt

10

Herb Roasted Chicken w/ Warm Roll
Cheese Sticks w/Marinara
Sweet Potato Fries
Green Peas

No
School

11

Breakfast Pizza

14

Chicken Tetrazzini w/Warm Roll
Ranchero Pizza
Green Beans
Sweet Potato Fries

Breakfast Croissant

15

Oven Fried Pork Chop w/ Warm Roll
Corn dog w/ Cheez-its
Oven Fried Fries
Turnip Greens

Iced Cinnamon Roll

16

Steak Fingers w/Warm Roll
Buffalo Chicken Pizza
Sidewinders
Lemon Roasted Carrots

Chicken Biscuit

17

Turkey & Dressing w/Warm Roll
Crispy Chicken Sandwich
Sweet Potato Casserole
Steamed Green Beans
Thankful Cake

Dutch Waffle, Egg, & Sausage Link

18

BBQ Chicken Sandwich
Choice of Pizza
Baked Beans
Corn on the Cob

No

School

21

No

School

22

No

School

23

No

School

24

No

School

25

MENUS ARE SUBJECT TO CHANGE

Waffles w/Yogurt

28

Country Fried Steak w/Warm Roll
Chicken Nuggets w/Warm Roll
Mashed Potatoes w/Gravy
Green Peas

Mini Bagels

29

Taco Salad
Mini Corn Dogs
Refried Beans
Corn

Breakfast Pizza

30

BBQ Chicken w/Warm Roll
Cheese Sticks w/Marinara
Carrots w/Herb Butter
Parmesan Roasted Broccoli

