

# 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

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

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