

# TUSCALOOSA COUNTY SCHOOLS

## MENU

JANUARY 2019

Breakfast Options:

Cereal, Toast or Cinnamon Toast or Muffin, 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

\*MENUS ARE SUBJECT TO CHANGE\*



"We strive to be successful in food because students can't be successful without it."



# HAPPY NEW YEAR



**07** FRENCH TOAST STICKS, SAUSAGE LINK, FRESH FRUIT  
  
TERIYAKI CHICKEN W/ ASISAN RICE & EGG ROLL  
PIZZA  
STIR FRY VEGGIES  
GREEN BEANS  
FRESH GARDEN SALAD  
RAINBOW PEARS

**08** CINNAMON ROLL, OATMEAL, CHILLED FRUIT  
  
CHICKIE CHICKIE BANG BANG W/ WARM ROLL  
HAMBURGER  
BLACK-EYED PEAS  
FRENCH FRIES  
FRESH GARDEN SALAD  
PINEAPPLE TIDBITS

**09** SAUSAGE & GRAVY BISCUIT, YOGURT, MIXED FRUIT  
  
TOMATO BASIL SOUP W/ GRILLED CHEESE  
CHICKEN TENDER BASKET  
LEMON ROASTED CARROTS  
SPINACH FLORENTINE  
FRESH GARDEN SALAD  
APPLE SMILES

**10** DOUGHNUT, OATMEAL, PEACH SLICES  
  
BERRY HOT CHICKEN W/ WARM ROLL  
HOT DOG W/ CHIPS  
GARLIC HERB MASHED POTATOES  
GREEN PEAS  
FRESH GARDEN SALAD  
CHILLED FRUIT  
CHOCOLATE CHIP COOKIE

**11** SCRAMBLED EGGS, BISCUIT, BACON, ORANGE SLICES  
  
SPAGHETTI W/ ITALIAN BREAD STICK  
CHICKEN BACON RANCH CIABATTA  
GARLIC ROASTED ASPARAGUS  
CORN  
FRESH GARDEN SALAD  
FRESH FRUIT

**14** BREAKFAST PIZZA, YOGURT, FRESH FRUIT  
  
CHICKEN CAESAR CLUB  
LASAGNA W/ ITALIAN BREADSTICK  
SWEET POTATO FRIES  
GREEN BEANS  
FRESH GARDEN SALAD  
PEACH SLICES

**15** SAUSAGE BISCUIT, OATMEAL, PINEAPPLE TIDBITS  
  
POPPYSEED CHICKEN W/ WARM ROLL  
CORN DOG W/ CHIPS  
TOMATO & ZUCCHINI GRATIN  
ROASTED CARROTS  
FRESH GARDEN SALAD  
ORANGE SLICES  
BROWNIE PUDDING

**16** YOGURT PARFAIT, MUFFIN, BANANA  
  
CHILI W/ GRILLED CHEESE  
CRISPY CHICKEN SANDWICH  
VEGGIE MEDLEY  
TATER TOTS  
FRESH GARDEN SALAD  
FRESH FRUIT

**17** CHICKEN BISCUIT, OATMEAL, PEACH SLICES  
  
CHICKEN & DUMPLINS W/ CORNBREAD  
CHEESEBURGER  
FRESH YELLOW SQUASH  
BLACK-EYED PEAS  
FRESH GARDEN SALAD  
RAINBOW PEARS

**18** SCRAMBLED EGGS, PANCAKES, SAUSAGE LINK, MIXED FRUIT  
  
BRUNCH FOR LUNCH  
POPCORN CHICKEN W/ WARM ROLL  
CORN ON THE COBB  
PINTO BEANS  
FRESH GARDEN SALAD  
FRESH FRUIT

**21**  
  
**NO SCHOOL**

**22** CINNAMON ROLL, OATMEAL, RAINBOW PEARS  
  
MEDITERRIANIAN BEEF GYRO  
HAMBURGER  
MEDITERRIANIAN ROASTED VEGGIES  
SIDEWINDERS  
FRESH GARDEN SALAD  
APPLE SMILES

**23** SAUSAGE & GRAVY BISCUIT, YOGURT, MIXED FRUIT  
  
CHICKEN NOODLE SOUP W/ GRILLED CHEESE  
PIZZA  
FRESH VEGGIE DIPPERS  
BAKED SWEET POTATOES W/ SPICED HERB BUTTER  
FRESH GARDEN SALAD  
FRESH FRUIT

**24** DOUGHNUT, OATMEAL, PEACH SLICES  
  
MEATLOAF W/ CORNBREAD  
CRISPY CHICKEN SANDWICH  
MASHED POTATOES W/ GRAVY  
GREEN PEAS  
FRESH GARDEN SALAD  
MIXED FRUIT  
CAKE

**25** SCRAMBLED EGGS, BISCUIT, BACON, ORANGE SLICES  
  
TACO SALAD W/ BROWN RICE  
MINI CORN DOGS  
REFRIED BEANS  
CORN  
FRESH GARDEN SALAD  
FRESH FRUIT

**28** BREAKFAST PIZZA, YOGURT, FRESH FRUIT  
  
COUNTRY FRIED STEAK W/ GRAVY & WARM ROLL  
CARNIVAL DOG  
GREEN BEANS  
MASHED POTATOES W/ GRAVY  
FRESH GARDEN SALAD  
MANDARIN ORANGES

**29** SAUSAGE BISCUIT, OATMEAL, PINEAPPLE TIDBITS  
  
TURKEY TETRAZZINI W/ BREAD STICK  
POPCORN CHICKEN W/ WARM ROLL  
BROCCOLI & CHEESE  
CORN  
FRESH GARDEN SALAD  
CHILLED FRUIT

**30** YOGURT PARFAIT, MUFFIN, BANANA  
  
BEEF VEGGIE SOUP W/ CORNBREAD  
CHEESEBURGER  
ROASTED CARROTS  
FRENCH FRIES  
FRESH GARDEN SALAD  
MIXED FRUIT  
FREE ICE CREAM

**31** CHICKEN BISCUIT, OATMEAL, PEACH SLICES  
  
SMOKEHOUSE BBQ  
CHICKEN TENDER BASKET  
BAKED BEANS  
MAC-N-CHEESE  
FRESH GARDEN SALAD  
FRESH FRUIT



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