

# FEBRUARY 2019

# TALLADEGA COUNTY SCHOOLS LUNCH MENU

# K-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p><b>1</b> Spaghetti w/meat sauce Romaine Salad Green Beans Whole Wheat Roll Mixed Fruit ½ c / Fresh Fruit ½ c Milk Choice 8oz Salad Dressing 1oz</p>
<p><b>4</b> Sliced Turkey Sandwich 1ea Baked Beans Oven Roasted Potatoes Pears ½ c / Fresh Fruit ½ c Milk Choice 8oz Ketchup 3 / Mayo 1</p>	<p><b>5</b> Barbecue Pork Sandwich 1ea Creamy Cole Slaw Green Beans Peaches ½ c / Fresh Fruit ½ c Milk Choice 8oz BBQ Sauce 1</p>	<p><b>6</b> Smoked Turkey Breast 2oz Steamed Cabbage Glazed Carrots Cornbread 2oz Pineapple ½ c / Fresh Fruit ½ c Milk Choice 8oz</p>	<p><b>7</b> Honey Citrus Chicken 2oz Fried Rice ½ c Stir Fry Vegetables Green Peas Wheat Roll 1ea Mandarin Oranges ½ Fresh Fruit ½ Milk Choice 8oz</p>	<p><b>8</b> Hot Dog 1ea Sauerkraut Fresh Carrots Applesauce Cup ½ c / Fresh Fruit ½ Cookie 1ea Baked Chips 1bag Milk Choice 8oz Ketchup 2 / Mustard 1</p>
<p><b>11</b> Hamburger / Cheeseburger 1ea Lettuce &amp; Tomato 1 c Baked Sweet Potato Fries Baked Beans Pears ½ c / Fresh Fruit ½ c Milk Choice 8oz Ketchup 3 / Mustard 1 / Mayo1</p>	<p><b>12</b> Pasta Bake w/meat sauce 1c Mixed Green Romaine Salad 1c Steamed Broccoli Pineapple ½ c / Fresh Fruit ½ c Breadstick 1ea Milk Choice 8oz Salad Dressing 1oz</p>	<p><b>13</b> Baked Chicken Bites 2oz Mashed Potatoes Green Peas Peaches ½ c / Fresh Fruit ½ c Wheat Roll 1oz Milk Choice 8oz Honey Mustard 1 / Sweet Sour 1 Ketchup 2</p>	<p><b>14</b> Oven Baked Chicken 2oz Steamed Squash Black eye Peas Baked Sweet Potatoes Mandarin Oranges ½ Fresh Fruit ½ Wheat Roll 1oz Milk Choice 8oz</p>	<p><b>15</b> Hot Ham &amp; Cheese Sub 1ea Lettuce &amp; Tomato 1c Potato Rounds Dill Spears Mixed Fruit ½ c / Fresh Fruit ½ c Milk Choice 8oz Ketchup 3 / Mustard 1 / Mayo 1</p>
<p><b>18</b> <b>Staff Development No School</b></p>	<p><b>19</b> Chcken Fajita 2oz WW Tortilla Shell Lettuce &amp; Tomato 1c Spanish Rice Refried Beans Peaches ½ c / Fresh Fruit ½ c Milk Choice 8oz Taco Sauce 2 / Sour Cream 1</p>	<p><b>20</b> BBQ Pork Plate Baked Beans Creamy Cole Slaw Pears ½ c / Fresh Fruit ½ c Milk Choice 8oz BBQ Sauce 1</p>	<p><b>21</b> Salsa Chicken Steamed Rice ½ c Steamed Broccoli Mixed Green Romaine Salad Wheat Roll Mandarin Oranges ½ Fresh Fruit ½ Milk Choice 8oz Salad Dressing 1oz</p>	<p><b>22</b> Pizza 1ea Mixed Green Romaine Salad 1c Whole Kernel Corn Pears ½ c / Fresh Fruit ½ c Milk Choice 8oz Salad Dressing 1oz</p>
<p><b>25</b> Ham or Turkey &amp; Cheese Wrap Romaine Lettuce &amp; Tomato 1c Baked Oven Fries Pears ½ c / Fresh Fruit ½ c Milk Choice 8oz Ketchup 3 / Mustard 1 / Mayo1</p>	<p><b>26</b> Loaded Potato Soup Mixed Green Romaine Salad 1c Steamed Carrots Grilled Cheese Sandwich Peaches ½ c / Fresh Fruit ½ c Milk Choice 8oz</p>	<p><b>27</b> Country Fried Steak 2oz Creamed Potatoes ½ c Oven Fried Okra Pineapple ½ c / Fresh Fruit ½ c Wheat Roll 1ea Milk Choice 8oz</p>	<p><b>28</b> Chicken Alfredo 1c Mixed Green Romaine Salad 1c Green Peas ½ c Mandarin Oranges ½ Fresh Fruit ½ Wheat Roll 1ea Milk Choice 8oz</p>	<p><b>1</b> Hot Wings Corn Nuggets Fresh Baby Carrots &amp; Celery Cups Mixed Fruit ½ c / Fresh Fruit ½ c Texas Toast 1ea Milk Choice 8oz Ranch Dressing 2oz</p>

Non-Discrimination: The U.S. Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities).

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S. W., Washington, D. C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have a speech disabilities may contact the USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish) **USDA is an equal opportunity provider and employer.**

**(Please make note that the menu is subject to change)**