

SEPTEMBER 2023

TALLADEGA COUNTY SCHOOLS

LUNCH MENU K-

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
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| | | | | 1 Cheeseburger 1ea Shredded Lettuce/Sliced Tomato 1c Dill Slices 4ea Oven Baked Fries ½ c Mixed Fruit ½ c Fresh Fruit 1ea Ketchup 1ea/Mayo 1ea/Mustard 1ea Ice Cream Cup 1ea |
| 4 HOLIDAY | 5 Taco Salad 2oz Tortilla Chips 1oz Shred. Lettuce/Diced Tomatoes 1c Pinto Beans ½ c Peaches ½ c Fresh Fruit 1ea Milk Choice 8oz Shredded Cheese 1oz Taco Sauce 1ea / Sour Cream 1ea | 6 Grilled Chicken Sandwich 1ea Shredded Lettuce/Sliced Tomato 1c Dill Slices 4ea Oven Baked Fries ½ c Pineapple Chunks ½ c Fresh Fruit 1ea Milk Choice 8oz | 7 Spaghetti w/Meat Sauce 1c Mixed Romaine Salad 1c Corn-on-cob 1ear WG Roll 1oz Mandarin Oranges ½ c Fresh Fruit 1ea Milk Choice 8oz Salad Dressing 1oz | 8 Turkey Wrap 1ea Baby Carrots ½ c Dill Spears 2ea Baked Spin Chips 1ea Mixed Fruit ½ c Fresh Fruit 1ea Milk Choice 8oz Ranch Dressing 1oz |
| 11 Hotdog 1ea Kraut ¼ c Baked Beans ½ c Oven Baked Fries ½ c Pears ½ c Fresh Fruit ½ c Milk Choice 8oz Ketchup 3ea/Mayo 1ea/Mustard 1ea | 12 Chicken Nuggets 2oz Creamed Potatoes ½ c Green Peas ½ c WG Roll 1oz Peaches ½ c Fresh Fruit ½ c Milk Choice 8oz Ketchup 2ea / Sweet Sour 1ea / Honey Mustard 1ea / BBQ 1ea | 13 Pizza 1 slice Mixed Romaine Salad 1c Whole Kernel Corn ½ c Pineapple Chunks ½ c Fresh Fruit ½ c Milk Choice 8oz Assorted Salad Dressing 1oz WG Chocolate Chip Cookie 1ea | 14 Cajun Chicken Alfredo 1c Steamed Broccoli ½ c Sweet Potatoes ½ c Garlic Toast 1 slice Mandarin Oranges ½ c Fresh Fruit ½ c Milk Choice 8oz | 15 Turkey and Cheese Quesadilla 1ea Shredded Lettuce/Sliced Tomato 1c Pinto Beans ½ c Mixed Fruit ½ c Fresh Fruit ½ c Milk Choice 8oz Salsa ¼ c / Sour Cream 1ea |
| 18 BBQ Pulled Pork Sandwich 1ea Cole Slaw ¼ c Potato Wedges ½ c Corn on cob 1 ear Dill Slices 4ea Pears ½ c Fresh Fruit ½ c Milk Choice 8oz Ketchup 3ea / BBQ 1ea | 19 Lasagna Rolls 1ea Mixed Romaine Salad 1c Green Beans ½ c WG Roll 1oz Peaches ½ c Fresh Fruit ½ c Milk Choice 8oz Assorted Salad Dressing 1oz | 20 Sweet & Sour Chicken 2oz Fried Rice ½ c Egg Roll 1ea Steamed Broccoli ½ c Pineapple Chunks ½ c Fresh Fruit ½ c Milk Choice 8oz WG Cookie 1ea | 21 Turkey Roast 2oz w/ Gravy 1oz Creamed Potatoes ½ c Pinto Beans ½ c WG Cornbread 1oz Mandarin Oranges ½ c Fresh Fruit ½ c Milk Choice 8oz | 22 Smoked Sausage Dog 1ea Peppers & Onions ½ c Baked Beans ½ c Oven Baked Fries ½ c Mixed Fruit ½ c Fresh Fruit ½ c Milk Choice 8oz Ketchup 3ea / Mustard 1ea |
| 23 Fish and Cheese Sandwich 1ea Corn on cob 1 ear Oven Baked Sweet Potato Fries 1/2c Pears ½ c Fresh Fruit ½ c Milk Choice 8oz Ketchup 3ea / Tarter Sauce 1ea | 26 Crisпитos 1ea Mexican Rice ½ c Shredded Lettuce / Diced Tomatoes 1c Pinto Beans ½ c Peaches ½ c Fresh Fruit ½ c Milk Choice 8oz Shredded Cheese 1oz Salsa 1oz/Sour Cream 1oz | 27 Corndog 1ea Oven Baked Fries ½ c Baked Beans ½ c Cole Slaw ¼ c Pineapple Chunks ½ c Fresh Fruit ½ c Milk Choice 8oz Ketchup 3ea / Mustard 1ea WG Cookie 1ea | 28 Chicken & Vegetable Dumplings 6ea Brown Rice ½ c Stir Fry Vegetables ½ c Green Peas ½ c WG Roll 1oz Mandarin Oranges ½ c Fresh Fruit ½ c Milk Choice 8oz Sweet Sour Sauce 1ea | 29 Ham & Cheese Sandwich 1ea Shredded Lettuce / Sliced Tomatoes 1c Dill Spears 2ea Baby Carrots ½ c Baked Chips 1ea Mixed Fruit ½ c Fresh Fruit ½ c Milk Choice 8oz Mayo 1ea / Mustard 1ea |

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