















ADAIR COUNTY SCHOOLS



SEPTEMBER 2017 MENU FOR ACES & ACPC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>NO SCHOOL</p> 	<p>5</p> <p>Burrito or Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Watermelon Chunks Fresh Fruit</p> <p>BREAKFAST Yogurt Bar</p>	<p>6</p> <p>Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans WG Roll Applesauce Cup Fresh Fruit</p>  <p>BREAKFAST Scrambled Eggs Bacon & Toast</p>	<p>7</p> <p>Cheeseburger on Bun or Walking Taco Cheese, Salsa, Sour Cream Lettuce/Tomato Potato Wedges Sidekick Fresh Fruit</p>  <p>BREAKFAST Whole Grain Muffin</p>	<p>8</p> <p>Grilled Cheese Sandwich or Big Daddy Cheese Pizza Garden Salad Corn Strawberry Cup Fudge Bar Fresh Fruit</p> <p>BREAKFAST Glazed Donut</p>
<p>11</p> <p>Cheeseburger on Bun or Chicken Filet on Bun Lettuce/Tomato/Pickle French Fries Broccoli w/Cheese Peach Cup Minion Honey Grahams Fresh Fruit</p> <p>BREAKFAST Bacon & Cheese Biscuit</p>	<p>12</p> <p>Popcorn Chicken or Chili Crisпитos Queso Dip w/Chips Refried Beans Apples w/Dip Cookie Fresh Fruit</p>  <p>BREAKFAST Breakfast Bosco Stick</p>	<p>13</p> <p>Pepperoni & Cheese Bites or Cheese Flatbread w/Marinara Garden Salad Corn on the Cob Pears Jonny Fruit Pop Fresh Fruit</p> <p>BREAKFAST Gravy & Biscuit</p>	<p>14</p> <p>Hot Dog on Bun or BBQ Boneless Chicken Wings w/Dipping Sauce French Fries Green Beans Strawberries Texas Toast Fresh Fruit</p>  <p>BREAKFAST Breakfast Pizza</p>	<p>15</p> <p>Ham & Cheese Sub or Turkey & Cheese Sub Lettuce/Tomato/Pickle Baked Potato Chips Carrots w/Dip Orange Cookie Cup Fresh Fruit</p>  <p>BREAKFAST Donut Holes</p>
<p>18</p> <p>PB & J Uncrustable or Little Caesar's Pizza Garden Salad Corn Mandarin Oranges Mini Rice Krispie Treat Fresh Fruit</p> <p>BREAKFAST Sausage & Biscuit</p>	<p>19</p> <p>Grilled Cheese Sandwich or Ham & Cheese Panini Baked Potato Chips Lettuce/Tomato/Pickle Broccoli & Cauliflower w/Dip Grapes Cookie Fresh Fruit</p>  <p>BREAKFAST Apple Cinnamon Toast</p>	<p>20</p> <p>Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans WG Roll Applesauce Cup Fresh Fruit</p> <p>BREAKFAST Breakfast Tornado</p>	<p>21</p> <p>Cheeseburger on Bun or Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fresh Fruit</p>  <p>BREAKFAST Chocolate or White Donuts</p>	<p>22</p> <p>Hot Dog on Bun or Pizza Calzone Garden Salad Corn Peaches Yogurt Fresh Fruit</p>  <p>BREAKFAST Chicken & Biscuit</p>
<p>25</p> <p>PB & J Uncrustable or Chili Cheese Coney French Fries Baked Beans Mandarin Oranges Jonny Fruit Pop Fresh Fruit</p>  <p>BREAKFAST Sausage & Biscuit</p>	<p>26</p> <p>Burrito or Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Watermelon Chunks Fresh Fruit</p> <p>BREAKFAST Yogurt Bar</p>	<p>27</p> <p>Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans WG Roll Applesauce Cup Fresh Fruit</p>  <p>BREAKFAST Scrambled Eggs Bacon & Toast</p>	<p>28</p> <p>Cheeseburger on Bun or Walking Taco Cheese, Salsa, Sour Cream Lettuce/Tomato Potato Wedges Sidekick Fresh Fruit</p> <p>BREAKFAST Whole Grain Muffin</p>	<p>29</p> <p>Grilled Cheese Sandwich or Big Daddy Cheese Pizza Garden Salad Corn Strawberry Cup Fudge Bar Fresh Fruit</p>  <p>BREAKFAST Glazed Donut</p>

NEWS

Choice of Low-Fat White Milk and Fat Free Flavored Milk offered daily at Breakfast and Lunch

Juice and Fruit Choices offered daily at Breakfast

Variety of General Mills and Kellogg's Cereals offered daily at Breakfast

Toast offered daily at Breakfast

Fresh Fruit offered daily

Salads are offered daily

Menu items are subject to change due to circumstances beyond our control.

Some items served contain peanuts. Substitutions can be made for students with special dietary needs per doctor's orders.



FLAVORFUL SIDES WITH EVERY MEAL:

Lunch includes a choice of 5 components: Meat/Meat Alternate, Bread/Grain, Fruit, Vegetable, and Skim, 1% White Fat Free Flavored Milk.

Students may take 5, 4 or 3, which must include 1 fruit or vegetable serving.