







# ADAIR COUNTY SCHOOLS



## SEPTEMBER 2017 MENU FOR ACHS & ACMS

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

### 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.

A variety of Grab & Go boxed meals offered daily Tuesday through Friday.

### 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.