

- 2023 -

# SEPTEMBER

## Salem Attendance Center

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

**1** Chicken Tenders  
Hamburger w/ Trimmings  
Roasted Potato Wedges  
Garden Salad  
Green Peas  
Applesauce  
Fresh Bananas  
Assorted Fruit Juices

**What Makes a Lunch?**

**Select 3-5 Different Components**

USDA National School Lunch Requirements:

each color dot below represents a meal component

FRUITS VEGETABLES GRAINS  
PROTEIN MILK

Must include a **FRUIT** OR **VEGETABLE**



**5** Hot Wings w/ Roll  
Hamburger w/ Trimmings  
Sweet Potato Fries  
Whole Kernel Corn  
Cucumber Salad  
Pineapple Tidbits  
Fresh Apples  
Assorted Fruit Juices

**6** Pepperoni Pizza  
Crispy Chicken Sandwich  
Roasted Potato Wedges  
Seasoned Green Beans  
Baby Carrots  
Diced Peaches  
Watermelon Chunks  
Assorted Fruit Juices

**7** Red Beans and Rice  
Turkey & Cheese Sub  
Cornbread  
Mashed Sweet Potatoes  
Southern Greens  
Cucumber Salad  
Chilled Diced Pears  
Fresh Oranges  
Assorted Fruit Juices

**8** Chicken Nuggets  
Turkey & Cheese Sub  
Potato Ole  
Baked Beans  
Apple Sauce  
Fresh Bananas  
Assorted Fruit Juices

**11** BBQ Rib Sandwich  
BBQ Chicken Sandwich  
Green Peas  
Fruit Cocktail  
Fresh Grapes  
Assorted Fruit Juices

**12** American Sub  
Hamburger w/ Trimmings  
Roasted Potato Wedges  
Whole Kernel Corn  
Cucumber Salad  
Pineapple Tidbits  
Fresh Apples  
Assorted Fruit Juices

**13** Meat Lovers Pizza  
Grilled Chicken Sandwich  
Sweet Potato Fries  
Seasoned Green Beans  
Garden Salad  
Diced Peaches  
Watermelon Chunks  
Assorted Fruit Juices

**14** Cheesy Chicken over Rice  
Ham & Cheese Sub  
Cornbread  
Mashed Sweet Potatoes  
Southern Greens  
Cucumber Salad  
Chilled Diced Pears  
Fresh Oranges  
Assorted Fruit Juices

**15** John Wayne Dip & Chips  
Turkey & Cheese Sub  
Whole Wheat Roll  
Roasted Potato Wedges  
Baked Beans  
Baby Carrots  
Applesauce  
Fresh Bananas  
Assorted Fruit Juices

**18** Fish Nuggets  
Fruit & Yogurt Plate  
Mac & Cheese  
Cheesy Broccoli  
Garden Salad  
Fruit Cocktail  
Fresh Grapes  
Assorted Fruit Juices

**19** Sweat Heat Chicken Bowl  
Hamburger w/ Trimmings  
Whole Wheat Roll  
Sweet Potato Fries  
Whole Kernel Corn  
Baby Carrots  
Pineapple Tidbits  
Fresh Apples  
Assorted Fruit Juices

**20** Stromboli Supreme  
Turkey & Cheese Sub  
Roasted Potato Wedges  
Green Peas  
Cucumber Salad  
Diced Peaches  
Watermelon Chunks  
Assorted Fruit Juices

**21** Spaghetti & Meat Sauce  
Grilled Chicken Sandwich  
Garlic Toast  
Seasoned Green Beans  
Cheesy Broccoli  
Garden Salad  
Chilled Diced Pears  
Fresh Oranges  
Assorted Fruit Juices

**22** Chicken "N" Waffles  
Ham & Cheese Sub  
French Fries  
Baked Beans  
Garden Salad  
Applesauce  
Fresh Bananas  
Assorted Fruit Juices

**25** Crispy Chicken Sandwich  
Fruit & Yogurt Plate  
Mixed Vegetables  
Baby Carrots w/ Dip  
Fruit Cocktail  
Fresh Fruit  
Assorted Fruit Juices

**26** Hot Wings w/ Roll  
Hamburger w/ Trimmings  
Sweet Potato Fries  
Whole Kernel Corn  
Cucumber Salad  
Pineapple Tidbits  
Fresh Apples  
Assorted Fruit Juices

**27** Pepperoni Pizza  
Crispy Chicken Sandwich  
Roasted Potato Wedges  
Seasoned Green Beans  
Baby Carrots  
Diced Peaches  
Watermelon Chunks  
Assorted Fruit Juices

**28** Red Beans and Rice  
Turkey & Cheese Sub  
Cornbread  
Mashed Sweet Potatoes  
Southern Greens  
Cucumber Salad  
Chilled Diced Pears  
Fresh Oranges  
Assorted Fruit Juices

**29** Chicken Nuggets  
Turkey & Cheese Sub  
Potato Ole  
Baked Beans  
Garden Salad  
Apple Sauce  
Fresh Bananas  
Assorted Fruit Juices

**Offered Daily**

Chef Salad, Tuna Salad, Chicken Salad  
Chicken Fajita Salad

**Danielle M. Hall**  
Child Nutrition Director  
Phone: 601-876-3401 ext. 102  
Email: [dhall@wcsd.k12.ms.us](mailto:dhall@wcsd.k12.ms.us)

All Menus Are Subject to Change.

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This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.