

OCTOBER

Tylertown High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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**

Offered Daily

Chef Salad, Tuna Salad, Chicken Salad
Chicken Fajita Salad

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All Menus Are Subject to Change.

<p>2 BBQ Rib Sandwich BBQ Chicken Sandwich Green Peas Fruit Cocktail Fresh Grapes Assorted Fruit Juices</p>	<p>3 American Sub Hamburger w/ Trimmings Roasted Potato Wedges Whole Kernel Corn Cucumber Salad Pineapple Tidbits Fresh Apples Assorted Fruit Juices</p>	<p>4 Meat Lovers Pizza Grilled Chicken Sandwich Sweet Potato Fries Seasoned Green Beans Garden Salad Diced Peaches Watermelon Chunks Assorted Fruit Juices</p>	<p>5 Cheesy Chicken over Rice Ham & Cheese Sub Cornbread Mashed Sweet Potatoes Southern Greens Cucumber Salad Chilled Diced Pears Fresh Oranges Assorted Fruit Juices</p>	<p>6 John Wayne Dip & Chips Turkey & Cheese Sub Whole Wheat Roll Roasted Potato Wedges Baked Beans Baby Carrots Applesauce Fresh Bananas Assorted Fruit Juices</p>
<p>9 Fish Nuggets Fruit & Yogurt Plate Mac & Cheese Cheesy Broccoli Garden Salad Fruit Cocktail Fresh Grapes Assorted Fruit Juices</p>	<p>10 Sweet Heat Chicken Bowl Hamburger w/ Trimmings Whole Wheat Roll Sweet Potato Fries Whole Kernel Corn Baby Carrots Pineapple Tidbits Fresh Apples Assorted Fruit Juices</p>	<p>11 Stromboli Supreme Turkey & Cheese Sub Roasted Potato Wedges Green Peas Cucumber Salad Diced Peaches Watermelon Chunks Assorted Fruit Juices</p>	<p>12 Spaghetti & Meat Sauce Grilled Chicken Sandwich Garlic Toast Seasoned Green Beans Cheesy Broccoli Garden Salad Chilled Diced Pears Fresh Oranges Assorted Fruit Juices</p>	<p>13 Chicken "N" Waffles Ham & Cheese Sub French Fries Baked Beans Garden Salad Applesauce Fresh Bananas Assorted Fruit Juices</p>
<p>16 Crispy Chicken Sandwich Fruit & Yogurt Plate Mixed Vegetables Baby Carrots w/ Dip Fruit Cocktail Fresh Fruit Assorted Fruit Juices</p>	<p>17 Hot Wings w/ Roll Hamburger w/ Trimmings Sweet Potato Fries Whole Kernel Corn Cucumber Salad Pineapple Tidbits Fresh Apples Assorted Fruit Juices</p>	<p>18 NO SCHOOL</p>	<p>19 NO SCHOOL</p>	<p>20 NO SCHOOL</p>
<p>23 Pepperoni Pizza Crispy Chicken Sandwich Roasted Potato Wedges Seasoned Green Beans Baby Carrots Diced Peaches Watermelon Chunks Assorted Fruit Juices</p>	<p>24 Red Beans and Rice Turkey & Cheese Sub Cornbread Mashed Sweet Potatoes Southern Greens Cucumber Salad Chilled Diced Pears Fresh Oranges Assorted Fruit Juices</p>	<p>25 Chicken Nuggets Turkey & Cheese Sub Potato Ole Baked Beans Garden Salad Apple Sauce Fresh Bananas Assorted Fruit Juices</p>	<p>26 BBQ Rib Sandwich BBQ Chicken Sandwich Green Peas Fruit Cocktail Fresh Grapes Assorted Fruit Juices</p>	<p>27 American Sub Hamburger w/ Trimmings Roasted Potato Wedges Whole Kernel Corn Cucumber Salad Pineapple Tidbits Fresh Apples Assorted Fruit Juices</p>
<p>30 Meat Lovers Pizza Grilled Chicken Sandwich Sweet Potato Fries Seasoned Green Beans Garden Salad Diced Peaches Watermelon Chunks Assorted Fruit Juices</p>	<p>31 Cheesy Chicken over Rice Ham & Cheese Sub Cornbread Mashed Sweet Potatoes Southern Greens Cucumber Salad Chilled Diced Pears Fresh Oranges Assorted Fruit Juices</p>			