

# OCTOBER

**Tylertown Elementary 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 **VEGETABLES**

**Offered Daily**

Chef Salad, Tuna Salad, Chicken Salad  
Chicken Fajita Salad

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Child Nutrition Director  
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**All Menus Are Subject to Change.**

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