

- 2023 -

SEPTEMBER

Tylertown High School

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**

LABOR DAY
No School!

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

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All Menus Are Subject to Change.

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