

- 2023 -

SEPTEMBER

Dexter Attendance Center

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1 Chicken Tenders
Turkey & Cheese Sub
Whole Wheat Roll
Roasted Potato Wedges
Green Peas
Applesauce
Fresh Bananas

8 Chicken Nuggets
Hamburger w/ Trimmings
Whole Wheat Roll
Potato Ole
Baked Beans
Apple Sauce
Fresh Bananas

15 John Wayne Dip & Chips
Turkey & Cheese Sub
Whole Wheat Roll
Potato Ole
Baked Beans
Applesauce
Fresh Bananas

22 Chicken Tenders
Fruit & Yogurt Plate
Whole Wheat Roll
Cheesy Mashed Potatoes
Baked Beans
Applesauce
Fresh Bananas

29 Chicken Nuggets
Hamburger w/ Trimmings
Whole Wheat Roll
Potato Ole
Baked Beans
Apple Sauce
Fresh Bananas

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

Danielle M. Hall
Child Nutrition Director
Phone: 601-876-3401 ext. 102
Email: dhall@wcsd.k12.ms.us

All Menus Are Subject to Change.
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5 Hot Wings w/ Roll
Hamburger w/ Trimmings
Sweet Potato Fries
Whole Kernel Corn
Pineapple Tidbits
Fresh Apples

6 Pepperoni Pizza
Grilled Chicken Sandwich
Roasted Potato Wedges
Seasoned Green Beans
Diced Peaches
Watermelon Chunks

7 Red Beans and Rice
Turkey & Cheese Sub
Cornbread
Mashed Sweet Potatoes
Southern Greens
Chilled Diced Peas
Fresh Oranges

11 Fish Nuggets w / Hushpuppies
Creamy Coleslaw
Green Peas
Baby Carrots w/ Dip
Fruit Cocktail
Fresh Grapes

12 BBQ Rib Sandwich
Hamburger w/ Trimmings
Sweet Potato Fries
Whole Kernel Corn
Pineapple Tidbits
Fresh Apples

13 Meat Lovers Pizza
Grilled Chicken Sandwich
French Fries
Garden Salad
Diced Peaches
Watermelon Chunks

14 Cheesy Chicken over Rice
Ham & Cheese Sub
Cornbread
Mashed Sweet Potatoes
Southern Greens
Chilled Diced Peas
Fresh Oranges

18 Cheesy Breadsticks
Manager's Choice
Mixed Vegetables
Baby Carrots w/ Dip
Fruit Cocktail
Fresh Grapes

19 Gen Tso's Chicken Bowl
Ham & Cheese Sub
Whole Wheat Roll
Sweet Potato Fries
Whole Kernel Corn
Pineapple Tidbits
Fresh Apples

20 Stromboli Supreme
Turkey & Cheese Sub
Roasted Potato Wedges
Seasoned Green Beans
Diced Peaches
Watermelon Chunks

21 Spaghetti & Meat Sauce
Grilled Chicken Sandwich
Garlic Toast
Cheesy Broccoli
Garden Salad
Chilled Diced Peas
Fresh Oranges

25 BBQ Chicken Sandwich
Manager's Choice
Green Peas
Baby Carrots w/ Dip
Fruit Cocktail
Fresh Grapes

26 Hot Wings w/ Roll
Hamburger w/ Trimmings
Sweet Potato Fries
Whole Kernel Corn
Pineapple Tidbits
Fresh Apples

27 Pepperoni Pizza
Grilled Chicken Sandwich
Roasted Potato Wedges
Seasoned Green Beans
Diced Peaches
Watermelon Chunks

28 Red Beans and Rice
Turkey & Cheese Sub
Cornbread
Mashed Sweet Potatoes
Southern Greens
Chilled Diced Peas
Fresh Oranges