

- 2023 -

# SEPTEMBER

## Tylertown Primary School

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

**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](mailto:dhall@wcsd.k12.ms.us)

All Menus Are Subject to Change.  
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**LABOR DAY**  
**No School!**

**5** Hot Wings w/ Roll  
French Fries  
Whole Kernel Corn  
Pineapple Tidbits  
Fresh Apples

**6** Pepperoni Pizza  
Roasted Potato Wedges  
Cheesy Broccoli  
Diced Peaches  
Watermelon Chunks

**7** Red Beans and Rice  
Cornbread  
Mashed Sweet Potatoes  
Southern Greens  
Chilled Diced Peas  
Fresh Oranges

**8** Chicken Nuggets  
Garlic Toast  
Cheesy Mashed Potatoes  
Baked Beans  
Apple Sauce  
Fresh Bananas

**11** Fish Nuggets  
Seasoned Green Beans  
Baby Carrots w/ Dip  
Fruit Cocktail  
Fresh Grapes

**12** Jambalaya  
Sweet Potato Fries  
Whole Kernel Corn  
Pineapple Tidbits  
Fresh Apples

**13** Cheese Pizza  
French Fries  
Seasoned Green Beans  
Diced Peaches  
Watermelon Chunks

**14** Cheesy Chicken over Rice  
Cornbread  
Mashed Sweet Potatoes  
Southern Greens  
Chilled Diced Peas  
Fresh Oranges

**15** Grilled Chicken Sandwich  
Cheesy Mashed Potatoes  
Baked Beans  
Applesauce  
Fresh Bananas

**18** Hamburger  
Cheesy Broccoli  
Baby Carrots w/ Dip  
Fruit Cocktail  
Fresh Grapes

**19** Korean BBQ Chicken Bowl  
Whole Wheat Roll  
Sweet Potato Fries  
Whole Kernel Corn  
Pineapple Tidbits  
Fresh Apples

**20** Stromboli Supreme  
Roasted Potato Wedges  
Cheesy Broccoli  
Diced Peaches  
Watermelon Chunks

**21** Spaghetti & Meat Sauce  
Garlic Toast  
Seasoned Green Beans  
Garden Salad  
Chilled Diced Peas  
Fresh Oranges

**22** Chicken Tenders  
Whole Wheat Roll  
Cheesy Mashed Potatoes  
Baked Beans  
Applesauce  
Fresh Bananas

**25** BBQ Chicken Sandwich  
Green Peas  
Gold Rush Juice  
Fruit Cocktail  
Fresh Grapes

**26** Hot Wings w/ Roll  
French Fries  
Whole Kernel Corn  
Pineapple Tidbits  
Fresh Apples

**27** Pepperoni Pizza  
Roasted Potato Wedges  
Cheesy Broccoli  
Diced Peaches  
Watermelon Chunks

**28** Red Beans and Rice  
Cornbread  
Mashed Sweet Potatoes  
Southern Greens  
Chilled Diced Peas  
Fresh Oranges

**29** Chicken Nuggets  
Garlic Toast  
Cheesy Mashed Potatoes  
Baked Beans  
Apple Sauce  
Fresh Bananas