

OCTOBER

Dexter Attendance Center

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

What Makes a Lunch?

USDA National School Lunch Requirements:

Select 3-5 Different Components

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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All Menus Are Subject to Change.

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