



Calhoun County Schools

Grades 6—12

Lunch Menu - - - September 2009

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spaghetti and Meat Sauce or Ranch Chicken Wrap Garden Salad English Peas W/W Roll <u>Chocolate Pudding</u> Grilled Chicken Garden Salad*	2 Baked Pork Chop or Chicken Burger Homemade Mac and Cheese Turnip Greens Corn Bread <u>Tropical Fruit</u> Chicken Salad w/ Fresh Fruit*	3 Chicken w/ Spanish Rice or Cheese Burger Green Beans Carrots w/ Ranch Dressing <u>Brownie</u> Chef Salad*	4 Pizza or Hamburger on a Bun Caesar Salad Fresh Fruit <hr/> Grilled Chicken Garden Salad*
7	Chicken Nuggets or Cheese Burger Corn Pudding Carrot and Raisin Salad <hr/> Chef Salad*	8 Baked Ziti or Ranch Chicken Wrap Garden Salad Orange Glazed Carrots or Fresh Fruit <hr/> Grilled Chicken Garden Salad*	9 Honey Glazed Chicken or Chicken Burger Quick Baked Potatoes Green Beans W/W Roll <u>Chicken Salad w/ Fruit*</u>	10 Chicken Tetrazzini Or Cheese Burger Broccoli/Cauliflower Polonaise <hr/> Chef Salad*	12 Pizza or Hamburger on a Bun Garden Salad w/ dressing Fresh Fruit <hr/> Grilled Chicken Garden Salad*
14	Chicken BBQ Sandwich or Cheese Burger Baked Beans Apple Crisp <hr/> Chef Salad*	15 Loaded Baked Potato or Crispy Chicken Wrap Whole Kernel Corn Mixed Fruit <hr/> Grilled Chicken Caesar Salad*	16 Ham and Cheese Sub or Chicken Burger Baked Potato Wedges Lettuce, tomato Diced Pears <hr/> Chicken Salad w/ Fresh Fruit*	17 Beef Ravioli in Meat Sauce w/ W/W roll or Cheese Burger Mixed Vegetables <hr/> Chef Salad*	18 Pepperoni Pizza or Hamburger Garden Salad w/ dressing Banana Cake <hr/> Grilled Chicken Garden Salad*
21	Fish Sticks or Cheese Burger Cheese Grits Seasoned Green Beans Tropical Fruit <hr/> Chef Salad*	22 Oven Baked Chicken/ Ranch Chicken Wrap Baked Sweet potatoes and Apples Turnip Greens Corn Bread <u>Grilled Chicken</u> Garden Salad*	23 Cheeseburger on Bun or Chicken Burger Lettuce, Tomato Baked Fries <u>Brownies</u> Chicken Salad w/ Fresh Fruit*	24 Homemade Beef Vegetable Soup w/ Grilled Cheese or Cheeseburger Carrot Sticks w/ Ranch Dressing Cinnamon Roll <hr/> Chef Salad*	25 Cheese Pizza or Hamburger on Bun Potato Wedges Caesar Salad W/W Sugar Cookie <hr/> Grilled Chicken Garden Salad*
28	Spaghetti w/ Meat Sauce or CheeseBurger Garden Salad w/ dressing <u>Pineapple Chunks</u> Chef Salad*	29 Corn Dog or Crispy Chicken Wrap Mac and Cheese Green Beans Mixed Fruit <u>Grilled Chicken</u> Caesar Salad*	30 Chicken & Spanish Rice or ChickenBurger Tossed Salad Seasoned Carrots <hr/> Chicken Salad w/ Fresh Fruit*	You can not win if you do not begin.	



Choice of Lowfat White, Chocolate, or Strawberry Milk Offered Daily
Lunch Prices: Paid \$1.75 (Pre-K—5th) and \$2.00 (6th—12th) Reduced \$.40

*An Entrée Salad will be offered daily as an alternate meal choice. It will include crackers or bread that is offered that day.

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