

Calhoun County Schools

Monday	Tuesday	Wednesday	Thursday	Friday
		Oct - 1 Hamburger OR Salisbury Steak Potatoes, Roasted Glazed Carrots Pineapple Whole Wheat Roll Milk Choice	Oct - 2 Chicken Nuggets Gravy Mashed Potatoes Green Beans Mandarin Oranges Whole Wheat Roll Milk Choice	Oct - 3 Burrito OR Chicken Fajita Refried Beans Chopped Romaine Tomatoes Pears Fresh Belly Bears WG Choc Milk Choice
Oct - 6 Cheeseburger OR BBQ Pork Sandwich Oven Fries Steamed Broccoli Fruit Cocktail Brownie, WG Milk Choice	Oct - 7 Crispito Cheddar Cheese, Shre Pinto Beans WK Corn Romaine Spinach Sala Tomatoes Ranch Dressing Pineapple Breadstick WW Milk Choice	Oct - 8 Chix Sandwich OR Baked Chicken Brown Rice Gravy Squash Casserole 1/2 Black Eye Peas Mandarin Oranges Breadstick WW Milk Choice	Oct - 9 Hamburger OR Cheesy Chicken & Ric Green Beans Glazed Carrots Sliced Peaches Whole Wheat Roll Milk Choice	Oct - 10 Early Dismissal Pizza, Pepperoni 4X6, California Vegetables Romaine Spinach Sala Ranch Dressing Tomatoes Grapes Milk Choice
Oct - 13 Fall Break	Oct - 14 Fall Break	Oct - 15 Chix Sandwich OR Salisbury Steak Potatoes, Roasted Glazed Carrots Pineapple Whole Wheat Roll Milk Choice	Oct - 16 Grill Chix Wrap OR Chicken Wrap Carrot Sticks w/Dip Romaine Spinach Sala Ranch Dressing Pears Fresh Belly Bears WG Choc Milk Choice	Oct - 17 Hamburger OR Catfish Strips Corn Nuggets Creamy Coleslaw Baked Beans Apple Breadstick WW Milk Choice
Oct - 20 Chicken Tenders Mashed Potatoes Gravy Glazed Carrots Pears Whole Wheat Roll Milk Choice	Oct - 21 Corndog OR Pork Roast Gravy Baked Potato Creamy Coleslaw Breadstick WW Grapes Milk Choice	Oct - 22 Burrito OR Chicken Fajita Refried Beans Chopped Romaine Tomatoes Mandarin Oranges Milk Choice	Oct - 23 Chix Sandwich OR Baked Spaghetti California Vegetables Romaine Spinach Sala Ranch Dressing Breadstick WW Pineapple Chocolate Chip Cookie Milk Choice	Oct - 24 Grilled Chix Sand OR Turkey Potatoes, Roasted Gravy Green Beans Sliced Peaches Whole Wheat Roll Milk Choice
Oct - 27 Corndog OR Hamburger Sweet Potatoes Fries Baked Beans\BBQ Sliced Peaches Milk Choice	Oct - 28 Turkey Wrap OR Ranch Parmesan Chic Fried Okra Glazed Carrots Mixed Fruit Breadstick WW Condiments Milk Choice	Oct - 29 Hot Wings Romaine Spinach Sala Ranch Dressing Celery Sticks w/dip Carrot Sticks w/Dip Chips, Tortilla Mission Mandarin Oranges Breadstick WW Milk Choice	Oct - 30 Chix Sandwich OR Mexican Skillet WK Corn Broccoli Pineapple Belly Bears WG Cin Toasted Bun Milk Choice	Oct - 31 Cheeseburger OR Stroganoff Buttered Noodles Peas, Green Romaine Spinach Sala Ranch Dressing Pears Toasted Bun Milk Choice

This institution is an equal opportunity provider
Menu subject to change

Meals must have 1/2 cup fruit or vegetable and at least 2 other choices (meat, bread/grain or milk) as part of the Offer vs Serve Program.

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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October 2014

Sep 29, 2014

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