

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Cheese Pizza 8 Parsley Buttered Carrots Sweet Peas Pineapple Pudding Low Fat Milk	Homemade Meat Loaf 9 Steamed Rice Buttered Corn Honey Wheat Roll Fresh Fruit / Low Fat Milk	Chicken Sandwich 10 with Lettuce & Tomato Macaroni & Cheese String Beans / Fresh Fruit Low Fat Milk	Italian Style Lasagna 11 Carrots / Green Salad Golden Wheat Roll Fresh Apple Wedges Low Fat Milk	Turkey and Cheese Sub 12 Southern Potato Salad Green Lima Beans Cake with Fruit Topping Low Fat Milk
Buffalo Wings 15 Corn Salad / Fruit Cobbler Potatoes Au Gratin Golden Wheat Roll Low Fat Milk	Loaded BBQ Potato 16 Italian Green Beans Golden Wheat Roll Fresh Fruit Low Fat Milk	Nachos Supreme 17 Savory Carrots Baked Potato Rounds Fruit Jello Low Fat Milk	Chicken Quesadilla 18 Mashed Potatoes Sweet Peas Golden Wheat Roll Fresh Fruit / Low Fat Milk	Cheeseburger Deluxe 19 Baked Chips Country Style Beans Fruit Low Fat Milk
Steak Nuggets 22 Sweet Peas Sugar Glazed Yams Honey Wheat Roll Fruit / Low Fat Milk	Taco Salad 23 String Beans Buttered Corn Banana Pudding Low Fat Milk	BBQ Glazed Chicken 24 Oven Baked Beans Homemade Coleslaw Country Cornbread Fresh Fruit / Low Fat Milk	Italian Spaghetti 25 with Meat Sauce Stewed Squash Garden Salad / Fresh Fruit Low Fat Milk	Pepperoni Pizza 26 Romaine Salad Sweet Corn Fruit Jello Low Fat Milk
Chicken Fajita 29 Wild Rice / Green Beans Fruit Salad Fudge Brownie Low Fat Milk	Beef Stroganoff with 30 Whole Wheat Pasta California Mixed Veggies Romaine Salad /Wheat Roll Fresh Fruit / Low Fat Milk	BBQ Pork Sandwich 31 Country Style Beans Homemade Coleslaw Fruit Cup Delight Low Fat Milk	<div style="border: 1px solid black; padding: 5px;"> <p>NUTRITION TIP: What is whole grain? Whole grains are seeds that consist of three components;</p>  </div>	

Menu may vary due to availability of food.

Equal Opportunity Policy: It is the official policy of Covington County School System that no person shall, on the ground of race, sex, religion, color, creed, national origin, handicap, or age, be excluded from participation in, be denied the benefits of or be subjected to discrimination under any program, activity, or employment.

Inquiries of complaints regarding compliance with federal regulations may be directed to Ricky Messick, Covington County Board of Education, 807 C.C. Baker Avenue, Andalusia, AL. 36420, (334) 222-7571.

School Information:

August 8 – First Day of School