

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>School Information:</p> <ul style="list-style-type: none"> September 5 – Labor Day Holiday 		<p>Turkey Tetrizzini ¹ Stewed Squash Green Lima Beans Golden Wheat Roll Fresh Fruit / Assorted Milk</p>	<p>Hot Dog ² Baked Fries Baby Carrots with Dip Banana Pudding Assorted Milk</p>
	<p>Catfish Strips ⁶ Coleslaw / Baked Beans Hush Puppies Fresh Fruit Assorted Milk</p>	<p>Chicken Quesadilla ⁷ With Salsa Mexican Rice Corn Salad / Fresh Fruit Cookie / Assorted Milk</p>	<p>Nachos Supreme ⁸ Broccoli Salad Baked Fries Peach Cobbler Assorted Milk</p>	<p>Mozzarella Stick with ⁹ Marinara Sauce Fresh Garden Salad Carrots / Fresh Fruit Assorted Milk</p>
<p>Baked Chicken Tenders ¹² Southwest Potatoes Green Beans / Wheat Roll Peaches N' Cream Assorted Milk</p>	<p>Turkey Tetrizzini ¹³ Spring Mix Salad Stewed Squash Wheat Roll / Fresh Fruit Assorted Milk</p>	<p>Homemade Meat Loaf ¹⁴ Steamed Rice / Wheat Roll Broccoli and Cheese Fresh Fruit Mix Assorted Milk</p>	<p>BBQ Chicken ¹⁵ Turnip Greens Fresh Baked Sweet Potato Cornbread / Fresh Fruit Assorted Milk</p>	<p>Turkey Club Sandwich ¹⁶ Dill Pickle Spear / Lettuce Tomato / Baked Chips Cookie / Fruit Assorted Milk</p>
<p>Fish Sandwich ¹⁹ Potato Salad Corn on the Cobb Fruit Cobbler Assorted Milk</p>	<p>Homemade Lasagna ²⁰ Italian Green Beans Romaine Salad /Garlic Roll Fresh Fruit Medley Assorted Milk</p>	<p>BBQ Baked Potato ²¹ Savory Carrots Golden Wheat Roll Fresh Fruit /Fudge Brownie Assorted Milk</p>	<p>Baked Ham Slice ²² Macaroni and Cheese Coleslaw / Hushpuppies Fresh Fruit Assorted Milk</p>	<p>Deluxe Hamburger ²³ Sweet Potato Fries Country Style Beans Fruit Jello with Topping Assorted Milk</p>
<p>Grilled Chicken Sub ²⁶ Lettuce / Tomato Pasta Salad / Baked Chips Mixed Fruit Cup Assorted Milk</p>	<p>Italian Style Spaghetti ²⁷ Green Beans Mixed Greens Tossed Salad Fresh Fruit / Wheat Roll Assorted Milk</p>	<p>Turkey Pot Pie ²⁸ Sweet Candied Yams Stewed Squash Honey Glazed Roll Fresh Fruit / Assorted Milk</p>	<p>Chicken Parmesan ²⁹ Parsley Potatoes Green Lima Beans Banana Pudding / Roll Assorted Milk</p>	<p>Oven Baked Pizza ³⁰ Romaine Salad Carrot Sticks Fruit / Chocolate Cake Assorted Milk</p>

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.

NUTRITION TIP: What is whole grain?



MyPyramid recommends:
 "Just because the bread is brown doesn't mean its whole-grain. Search the ingredient list to make sure the first word is "whole."