



30	Monday	31	Tuesday	1	Wednesday	2	Thursday	3	Friday
Chicken Fajita Wild Rice Green Beans Fruit Salad Brownie Low Fat Milk		Beef Stroganoff with Pasta California Mixed Vegetables Green Salad Fruit / Wheat Roll Low Fat Milk		BBQ Pork Sandwich Baked Beans Coleslaw Fruit Cup with Whipped Topping Low Fat Milk		Turkey Tetraxini Stewed Squash Green Lima Beans Wheat Roll Fruit Low Fat Milk		Hotdog Baked Fries Baby Carrots with Dip Banana Pudding Low Fat Milk	

6	Monday	7	Tuesday	8	Wednesday	9	Thursday	10	Friday
LABOR DAY		Baked Fish Sandwich Broccoli with Cheese Southwest Potatoes Fruit Jello Low Fat Milk		Chicken Quesadilla with Salsa Mexican Rice Mexicali Corn Rosy Applesauce Low Fat Milk		Nachos with Ground Beef Sweet Green Peas Baked Fries Peach Cobbler Low Fat Milk		Pizza Garden Salad Carrot Sticks Petite Apple Cookie Low Fat Milk	

13	Monday	14	Tuesday	15	Wednesday	16	Thursday	17	Friday
Crispito Spanish Rice California Mixed Vegetables Fruit Low Fat Milk		BBQ Chicken Turnip Greens Twice Baked Potatoes Wheat Roll Mixed Fruit Cup Low Fat Milk		Sliced Turkey with Gravy Mashed Potatoes Garden Salad Wheat Roll Cake with Fruit Topping Low Fat Milk		Chicken Fajita Wild Rice Green Lima Beans Fruit Parkerhouse Roll Low Fat Milk		Hamburger / Cheeseburger Baked Sweet Potato Fries Vegetarian Beans Fruit Jello Low Fat Milk	

20	Monday	21	Tuesday	22	Wednesday	23	Thursday	24	Friday
Grilled Chicken Sandwich Macaroni and Cheese English Peas Fruit Salad Low Fat Milk		Lasagna Italian Green Beans Garden Salad Apple Wedges Wheat Roll Low Fat Milk		BBQ Baked Potato Peas and Carrots Wheat Roll Fruit Cobbler Low Fat Milk		Turkey Pot Pie Yams Stewed Squash Wheat Roll Fruit Low Fat Milk		Hotdog Baked Fries Whole Kernel Corn Sugar Cookie Fruit Low Fat Milk	

27	Monday	28	Tuesday	29	Wednesday	30	Thursday	1	Friday
Baked Chicken Nuggets Broccoli and Cheese Buttered Rice Parkerhouse Roll Fruit Low Fat Milk		Homemade Sloppy Joe Sandwich English Peas Sweet Potato Fries Fruit Low Fat Milk		Chicken Parmesan Parsley Potatoes Green Lima Beans Banana Pudding Parkerhouse Roll Low Fat Milk		Santa Fe Soup with Cheese and Sour Cream Tortilla Chips Garden Salad Fruit Low Fat Milk		Cheese Stick with Marinara Sauce Corn on the Cob Carrot Sticks Fruit Brownie Low Fat Milk	

Notes and Announcements

★ ★ September 6th - Labor Day Holiday
 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.

★ ★ September 2010
★ Breakfast Menu ★

Covington County
Schools



30	Monday	31	Tuesday	1	Wednesday	2	Thursday	3	Friday
Cinnamon Raisin Biscuit Choice of Cereal Juice Choice of Milk		Biscuit Chicken Juice Low Fat Milk		Sausage Pancake on a Stick with Syrup Juice Low Fat Milk		Breakfast Pizza with Sausage and Cheese Juice Low Fat Milk		Buttered Grits Biscuit with Jelly Juice Low Fat Milk	

6	Monday	7	Tuesday	8	Wednesday	9	Thursday	10	Friday
LABOR DAY		Biscuit Sausage Juice Low Fat Milk		Eggs Toast with Jelly Juice Low Fat Milk		Ham and Cheese Croissant Juice Low Fat Milk		Cheese Grits Cocktail Smokies Juice Low Fat Milk	

13	Monday	14	Tuesday	15	Wednesday	16	Thursday	17	Friday
Biscuit Chicken Juice Low Fat Milk		Cinnamon Roll Choice of Cereal Juice Low Fat Milk		Waffle Sticks with Powdered Sugar Yogurt Juice Low Fat Milk		Breakfast Bagel with Sausage and Cheese Juice Low Fat Milk		Buttered Grits Cheese Toast Juice Low Fat Milk	

20	Monday	21	Tuesday	22	Wednesday	23	Thursday	24	Friday
Blueberry Muffin Choice of Cereal Juice Low Fat Milk		Sausage Gravy Biscuit Juice Low Fat Milk		French Toast Sticks with Syrup Yogurt Juice Low Fat Milk		Breakfast Pizza with Sausage and Cheese Juice Low Fat Milk		Cheese Grits Eggs Juice Low Fat Milk	

27	Monday	28	Tuesday	29	Wednesday	30	Thursday	1	Friday
Biscuit Chicken Juice Low Fat Milk		Breakfast Bagel with Sausage and Cheese Juice Low Fat Milk		Cinnamon Raisin Biscuit Choice of Cereal Juice Low Fat Milk		Ham Slice Biscuit Juice Low Fat Milk		Buttered Grits Toast with Jelly Juice Low Fat Milk	

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