

SHELBY COUNTY SCHOOLS LUNCH MENU
Jan-09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			*JANUARY 1	*JANUARY 2
CORN DOGS HAMBURGER SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP MILK 5	CHICKEN TENDERS W/ROLL HOT POCKET *ENTRÉE SALAD 0 OVEN BROWNE POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP MILK 6	TACOS OR TACO SALAD BBQ SANDWICH *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP MILK 7	COUNTRY BEEF PATTY W/ROLL POP CORN CHICKEN *ENTRÉE SALAD LIMA BEANS WHIPPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP MILK 8	PIZZA DELI SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP MILK 9
CHICKEN NUGGETS W/ROLL HOT DOG SANDWICH *ENTRÉE SALAD SEASONED GREEN PEAS AUGRATIN POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 12	FISH STRIPS WITH/HUSH PUPPIES GRILLED CHICKEN SANDWICH *ENTRÉE SALAD SLAW OVEN BROWNE POTATOES LETTUCE, TOMATO, PICKLE FRESH FRUIT CHILLED FRUIT CUP *MILK 13	BAKED CHICKEN W/ROLL CHEESE STICKS/W MARINARA *ENTRÉE SALAD STEAMED BROCCOLI WHIPPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 14	QUESADILLA WITH SALSA TURKEY CORN DOG NUGGETS *ENTRÉE SALAD WHOLE KERNEL CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 15	PIZZA HAMBURGER ON A BUN *ENTRÉE SALAD GARDEN SALAD LETTUCE, TOMATO, PICKLE 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 16
MARTIN LUTHER KING JR. HOLIDAY	CHICKEN SANDWICH STEAK STRIPS WITH HOT ROLL *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE OVEN BROWNE POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 20	TACOS OR TACO SALAD HOT POCKET *ENTRÉE SALAD TACO FIXINGS MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 21	CHICKEN NUGGETS W/ ROLL FISH FILET SANDWICH *ENTRÉE SALAD SLAW OVEN BROWNE POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 22	PIZZA EGGROLL WITH/DIP *ENTRÉE SALAD 0 VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 23
*JANUARY 19				
TURKEY CORN DOG NUGGETS BBQ SANDWICH *ENTRÉE SALAD ONION RINGS BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 26	GRILLED HAM & CHEESE SAND. CHICKEN FAJITA W/TORTILLA *ENTRÉE SALAD FAJITA FIXINGS OVEN BROWNE POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 27	SPAGHETTI WITH GARLIC TOAST QUESADILLA WITH SALSA *ENTRÉE SALAD 0 SEASONED GREEN PEAS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 28	BURRITO WITH SHREDDED CHEESE CHICKEN NUGGETS W/HOT ROLL *ENTRÉE SALAD 0 WHOLE KERNEL CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 29	PIZZA HAMBURGER SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE GARDEN SALAD 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 30

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

***A SALAD BAR OR A VARIETY OF ENTRÉE SALADS WILL BE OFFERED**

USDA MEAL REQUIREMENTS

MEAT / MEAT ALTERNATE
VEGETABLE AND OR FRUIT
BREAD / BREAD ALTERNATE

**MILK *

(*K - 3)

1 1/2 OUNCE, PER DAY
1/2 CUP, PER DAY
8 SERVINGS, PER WEEK
1/2 PINT, PER DAY

**** A VARIETY OF LOWFAT MILK OFFERED**

(4-12)

2 OUNCES, PER DAY
3/4 CUP, PER DAY
8 SERVINGS, PER WEEK
1/2 PINT, PER DAY

*****SANDWICHES MAY BE OFFERED ON A VARIETY OF BREADS**

CUSTOMERS HAVE A CHOICE OF ONE ENTRÉE, CHOICE OF ANY 2 (1/2 CUP) VEGETABLE/FRUIT CHOICE SERVINGS, A BREAD SERVING, AND MILK AT A UNIT COST. TWO ITEMS MAY BE DECLINED BUT AT THE SAME MEAL COST.