

# Lowndes County

## Lowndes County Lunch PREK- 8 HHFKA - K-8

Monday	Tuesday	Wednesday	Thursday	Friday
				Sep - 1  Chicken Nuggets Cornbread F. Fruit, Assorted Canned F. FRUIT JUICE, ASSORTED Seasoned Pinto Beans Sweet Candied Carrots Ketchup, Ind. Honey Mustard Flavored Milk White Milk
Sep - 4  Chicken Tenders Dinner Rolls WW-1.25 oz F. Fruit, Assorted Canned F. FRUIT JUICE, ASSORTED Creamy Diced Potatoes Brown Gravy Broccoli w/Cheese- slice Ketchup, Ind. Flavored Milk White Milk	Sep - 5  Sand, Cheeseburger F. Fruit, Assorted Canned JUICE, VARIETY cond. Pickle Slice-4 Shredded Romaine Tomatoe, Fresh French Fries Corn on Cob Ketchup, Ind. Mayo, Light Ind. Flavored Milk White Milk	Sep - 6  Taco Salad 2010 F. Fruit, Assorted Canned F. FRUIT JUICE, ASSORTED Tortilla Chips Shredded Romaine Tomatoe, Fresh Salsa Whole Kernel Corn Shredded Cheese Ranch Dressing Lowfat Flavored Milk White Milk	Sep - 7  Baked Chicken Cornbread F. FRUIT, FRESH ASSORTED F. FRUIT JUICE, ASSORTED Seasoned Collard Greens V. SWEET POTATO, BAKED Hot Sauce Flavored Milk White Milk	Sep - 8  E. SPAGHETTI AND MEAT S Cornbread F. FRUIT, FRESH ASSORTED JUICE, VARIETY Lima Beans Buttery Corn Flavored Milk White Milk E. Cheese Slice
Sep - 11  F. Fruit, Assorted Canned F. FRUIT JUICE, ASSORTED Cornbread Sweet Potato Pattie White Milk Flavored Milk V. GREEN BEANS Lasagna w/Grn Beef & Tur	Sep - 12  Sloppy Joe, on Whl. Wht. Bun Buttery Corn Rom, Spring, Spin Blnd Salad Tomatoe, Fresh Cond. SALAD DRESSING, Ass JUICE, VARIETY F. Fruit, Assorted Canned Flavored Milk White Milk	Sep - 13  Salisbury Steak B. WHOLE-WHEAT BREAD V. GREEN BEANS Creamy Diced Potatoes Brown Gravy F. FRUIT, FRESH ASSORTED F. FRUIT JUICE, ASSORTED Flavored Milk White Milk	Sep - 14  Cornbread F. Fruit, Assorted Canned F. FRUIT JUICE, ASSORTED Seasoned Turnip Greens Sweet Potato- 3 Patties White Milk Flavored Milk Chicken Tenders - 3	Sep - 15  Grilled Chicken Fajita Tortilla, Flour WW LETTUCE & TOMATO Shredded Cheese V. PINTO BEANS F. FRUIT JUICE, ASSORTED F. Fruit, Assorted Canned Salsa SOUR CREAM, FAT FREE White Milk Flavored Milk

**\*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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 18  Sand. Turkey & Cheese Shredded Romaine Tomatoe, Fresh B. Chips, Sun / Cheddar Baby Carrots F. FRUIT, FRESH ASSORTED F. FRUIT JUICE,ASSORTED Mustard, Ind. Mayo, Light Ind. Ranch Dip, Lowfat White Milk Flavored Milk	Sep - 19  Corn Dog, LF, WG Whole Kernel Corn Broccoli w/Cheese- slice F. FRUIT, ASSORTED F. FRUIT JUICE,ASSORTED Flavored Milk White Milk Brownie, WG Ketchup, Ind. Mustard, Ind.	Sep - 20  Chili,BeefBeanDcdTom2oz Cheese Toast .5oz gar, Spring, SpinBlndSalad Cond. SALAD DRESSING, Ass F. FRUIT, ASSORTED F. FRUIT JUICE,ASSORTED Flavored Milk White Milk Zoo Cookies	Sep - 21  F. FRUIT, ASSORTED JUICE, VARIETY SEASONED BLACK EYE PEA V. SWEET POTATO, BAKED Cornbread Oven Roasted Chicken Flavored Milk White Milk	Sep - 22  Fish Square JUICE, VARIETY F. FRUIT, ASSORTED Sliced Cheese Hushpuppies COLE SLAW Baked Beans Ketchup, Ind. COND. Tarter Sauce Flavored Milk White Milk
Sep - 25  Hot Wings Chicken F. FRUIT, ASSORTED F. FRUIT JUICE,ASSORTED B. WHOLE-WHEAT BREAD V. POTATOES,WEDGES,OVE Ranch DressingLowfat V. GREEN BEANS Celery Sticks Flavored Milk White Milk V. CARROT STICKS - 1/4 cup	Sep - 26  All Beef Hot Dog on Bun F. FRUIT, ASSORTED F. FRUIT JUICE,ASSORTED French Fries SWEET PEAS & CARROTS Mustard, Ind. Ketchup, Ind. Flavored Milk White Milk	Sep - 27  Chicken Nuggets Cornbread F. FRUIT, ASSORTED F. FRUIT JUICE,ASSORTED Seasoned Pinto Beans Sweet Candied Carrots Ketchup, Ind. Honey Mustart Flavored Milk White Milk	Sep - 28  Baked Chicken SEASONED BLACK EYE PEA Baked Sweet Potato F. FRUIT, ASSORTED F. FRUIT JUICE,ASSORTED Hot Sauce Flavored Milk White Milk Cornbread	Sep - 29  E. Pizza, assorted gar, Spring, SpinBlndSalad Tomatoe, Fresh Whole Kernel Corn F. FRUIT, ASSORTED F. FRUIT JUICE,ASSORTED White Milk Flavored Milk Cond. SALAD DRESSING, Ass' Brownie, WG

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