

# Sylacauga City Schools

006 - Nichols Lawson Middle

Jul 8, 2019

## August Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Wed - 8/7/2019  Spicy Chicken Chicken Sandwich Hashbrown Cassero Baked Beans Romaine Salad Cucumbers Fresh Broccoli Pepper Strips Baby Carrots Dill Pickles Diced Eggs CROUTONS Assorted Fruit Milk Variety Ranch Dressing	Thu - 8/8/2019  Cheese Pizza PEPPERONI PIZZA Assorted Fruit Seasoned Corn Romaine Salad Baby Carrots Tomatoes Jalapeno Peppers Cucumbers Green Peppers CROUTONS Diced Eggs Milk Variety Choc. Chip Cookie Ranch Dressing	Fri - 8/9/2019  Chicken Bites Mashed Potatoes Romaine Salad Tomatoes Baby Carrots Fresh Broccoli Green Peppers Celery Sticks Pepper Strips Cucumbers Diced Eggs Gravy Green Beans Assorted Fruit Ranch Dressing Milk Variety Roll Honey Mustard
Mon - 8/12/2019  Cheese Stix Marinara Dipping Sa Blackeye Peas Assorted Fruit Romaine Salad Celery Sticks Baby Carrots Tomatoes Pepperoncini Green Peppers Diced Eggs CROUTONS Fresh Broccoli Ranch Dressing Milk Variety	Tue - 8/13/2019  Pig in Blanket Chili Sauce Potato Wedges Assorted Fruit Romaine Salad Tomatoes Baby Carrots Cucumbers Diced Eggs CROUTONS Green Peppers Pepper Strips Ranch Dressing Milk Variety Cheese Sauce	Wed - 8/14/2019  BEEF STROGANO Lima Beans Assorted Fruit Romaine Salad Tomatoes Baby Carrots CROUTONS Black Olives Cucumbers Pepper Strips Green Peppers Diced Eggs Ranch Dressing Milk Variety Roll	Thu - 8/15/2019  Hot Pocket Assorted Fruit Glazed Carrots Romaine Salad Baby Carrots Tomatoes Fresh Broccoli Cucumbers Green Peppers Pepper Strips CROUTONS Diced Eggs Milk Variety Chocolate Pudding Ranch Dressing	Fri - 8/16/2019  BBQ Pork Sweet Potato Fries Baked Beans Ranch Dressing Romaine Salad Tomatoes Fresh Broccoli Dill Pickles Pepper Strips Cucumbers Diced Eggs CROUTONS Green Peppers Assorted Fruit Milk Variety

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 8/19/2019  Crisпитos Pinto Beans Cheese Sauce Assorted Fruit Romaine Salad Tomatoes Baby Carrots Cucumbers Fresh Broccoli Diced Eggs CROUTONS Green Peppers Ranch Dressing Salsa Milk Variety	Tue - 8/20/2019  Hamburger Roasted Potatoes Assorted Fruit Romaine Salad Baby Carrots Tomatoes Celery Sticks Cucumbers Dill Pickles Diced Eggs CROUTONS Black Olives Ranch Dressing Milk Variety	Wed - 8/21/2019  Tater tot Casserole English Peas Assorted Fruit Romaine Salad Tomatoes Baby Carrots Celery Sticks Black Olives Cucumbers Pepper Strips Green Peppers Diced Eggs Ranch Dressing Milk Variety Roll	Thu - 8/22/2019  French Bread Pizza Assorted Fruit Seasoned Corn Romaine Salad Fresh Broccoli Baby Carrots Tomatoes Cucumbers Green Peppers Pepper Strips Diced Eggs CROUTONS Milk Variety Vanilla Pudding Ranch Dressing	Fri - 8/23/2019  Teriyaki Chicken Brown Rice Broccoli w/ Cheese Romaine Salad Tomatoes Cucumbers Black Olives Baby Carrots Celery Sticks Pepper Strips Green Peppers Diced Eggs Assorted Fruit Milk Variety Salsa Ranch Dressing Shredded Cheese
Mon - 8/26/2019  Mexican Fiestada Pi Corn Nuggets Assorted Fruit Romaine Salad Tomatoes Baby Carrots Cucumbers Black Olives Celery Sticks Pepperoncini Green Peppers Diced Eggs Ranch Dressing Milk Variety	Tue - 8/27/2019  Sausage Patty Scrambled Eggs Grits Biscuit Romaine Salad Tomatoes Cucumbers Black Olives Celery Sticks Baby Carrots Shredded Cheese Green Peppers CROUTONS Ranch Dressing Assorted Fruit Milk Variety Jelly	Wed - 8/28/2019  Beef & Macaroni Roll Green Beans Assorted Fruit Romaine Salad Baby Carrots Celery Sticks Cucumbers Fresh Broccoli Tomatoes Green Peppers Diced Eggs CROUTONS Ranch Dressing Milk Variety Brownie Pudding	Thu - 8/29/2019  Corn Dog Cole Slaw Baked Beans Assorted Fruit Romaine Salad Tomatoes Celery Sticks Baby Carrots Fresh Broccoli Diced Eggs CROUTONS Ranch Dressing Milk Variety	Fri - 8/30/2019  Sloppy Joe Hash Browns Assorted Fruit Romaine Salad Tomatoes Cucumbers Baby Carrots Green Peppers Celery Sticks Diced Eggs CROUTONS Pepper Strips Shredded Cheese Ranch Dressing Milk Variety

This institution is an equal opportunity provider.

Breakfast Prices: Reduced \$.30; Paid \$1.50; Staff \$2.00; Visitors \$2.50

Lunch Prices: \$.40; Paid \$2.45; Staff \$3.15; Visitors \$4.50

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