

# Sylacauga City Schools

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
|  |  | Wed - 8/7/2019<br>Pepperoni Pizza<br>Seasoned Corn<br>Romaine Lettuce<br>Shredded Cheese<br>Tomatoes<br>Baby Carrots<br>Juice<br>Applesauce<br>Milk Variety<br>Ranch Dressing<br>Carnival Cookie         | Thu - 8/8/2019<br>Chicken Bites<br>Sweet Potato Fries<br>Broccoli w/ Cheese<br>Romaine Lettuce<br>Shredded Cheese<br>Tomatoes<br>Pepperoncini<br>Baby Carrots<br>Juice<br>Pears<br>Milk Variety<br>Ranch Dressing<br>Chocolate Grahams<br>Roll | Fri - 8/9/2019<br>Hamburger<br>French Fries<br>Romaine Lettuce<br>Tomatoes<br>Pepperoncini<br>Cucumbers<br>Dill Pickles<br>Shredded Cheese<br>Juice<br>Applesauce<br>Milk Variety<br>Ranch Dressing                              |
| Mon - 8/12/2019<br>Salisbury Steak&Gr<br>Mashed Potatoes<br>English Peas<br>Juice<br>Pineapple<br>Romaine Lettuce<br>Tomatoes<br>Cucumbers<br>Black Olives<br>Ranch Dressing<br>Milk Variety<br>Roll   | Tue - 8/13/2019<br>Pig in Blanket<br>Potato Wedges<br>Cole Slaw<br>Cheese Sauce<br>Juice<br>Bananas<br>Romaine Lettuce<br>Tomatoes<br>Baby Carrots<br>Jalapeno Peppers<br>Ranch Dressing<br>Milk Variety<br>Brownie Pudding<br>Breadstick                    | Wed - 8/14/2019<br>Wings<br>Potato Wedges<br>Juice<br>Sliced Pears<br>Romaine Lettuce<br>Tomatoes<br>Pepperoncini<br>Diced Eggs<br>Ranch Dressing<br>Milk Variety<br>Teddy Grahams<br>Garlic Cheese Brea | Thu - 8/15/2019<br>Spaghetti<br>Seasoned Corn<br>English Peas<br>Pineapple<br>Juice<br>Romaine Lettuce<br>Shredded Cheese<br>Tomatoes<br>Pepperoncini<br>Ranch Dressing<br>Milk Variety<br>Animal Crackers<br>Italian Breadstick               | Fri - 8/16/2019<br>Crispitos<br>Pinto Beans<br>Cheese Sauce<br>Juice<br>Assorted Fruit<br>Ranch Dressing<br>Romaine Lettuce<br>Diced Eggs<br>Tomatoes<br>Jalapeno Peppers<br>Cucumbers<br>Milk Variety<br>Fresh Salsa            |
| Mon - 8/19/2019<br>Chicken Fajita<br>California Mixed Ve<br>Brown Rice<br>Black Beans<br>Romaine Lettuce<br>Sliced Tomatoes<br>Baby Carrots<br>Green Peppers<br>Diced Eggs<br>Cucumbers<br>Ranch Dressing<br>Sliced Pears<br>Juice<br>Milk Variety<br>Tortilla Chips<br>Tortilla | Tue - 8/20/2019<br>Country Steak<br>Gravy<br>Parsley Potatoes<br>Green Beans<br>Romaine Lettuce<br>Tomatoes<br>Shredded Cheese<br>Cucumbers<br>Diced Eggs<br>Juice<br>Strawber Cup (com<br>Milk Variety<br>Ranch Dressing<br>Breadstick<br>Choc. Chip Cookie | Wed - 8/21/2019<br>Corn Dog<br>Baked Beans<br>Corn Nuggets<br>Romaine Lettuce<br>Tomatoes<br>Cucumbers<br>Baby Carrots<br>Fresh Broccoli<br>Ranch Dressing<br>Juice<br>Applesauce<br>Milk Variety        | Thu - 8/22/2019<br>Tatertot Casserole<br>English Peas<br>Romaine Lettuce<br>Shredded Cheese<br>Tomatoes<br>Cucumbers<br>Pepperoncini<br>Baby Carrots<br>Fresh Broccoli<br>Ranch Dressing<br>Juice<br>Apple<br>Milk Variety<br>Frosted Cinnamon | Fri - 8/23/2019<br>MEXICAN BURRIT<br>Spanish Rice<br>Pinto Beans<br>Romaine Lettuce<br>Tomatoes<br>Green Peppers<br>Black Olives<br>Shredded Cheese<br>Ranch Dressing<br>Juice<br>Applesauce<br>Milk Variety<br>Cheese Enchilada |

\*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.

# Sylacauga City Schools

## August Lunch Menu

| <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  |
|---|---|---|---|--|
| Mon - 8/26/2019   | Tue - 8/27/2019   | Wed - 8/28/2019   | Thu - 8/29/2019   | Fri - 8/30/2019  |
| French Bread Pizza<br>Seasoned Corn<br>Ranch Dressing<br>Romaine Lettuce<br>Tomatoes<br>Baby Carrots<br>Fresh Broccoli<br>Pepperoncini<br>Black Olives<br>Peaches<br>Juice<br>Milk Variety<br>Carnival Cookie | Country Steak<br>Gravy<br>Green Beans<br>Parsley Potatoes<br>Romaine Lettuce<br>Tomatoes<br>Baby Carrots<br>Fresh Broccoli<br>Green Peppers<br>Ranch Dressing<br>Juice<br>Apple<br>Milk Variety<br>Roll | Spicy Chicken Sand<br>Hamburger<br>French Fries<br>Lima Beans<br>Romaine Lettuce<br>Tomatoes<br>Jalapeno Peppers<br>Baby Carrots<br>Juice<br>Sliced Pears<br>Fresh Broccoli<br>Milk Variety<br>Ranch Dressing | Chicken Bites<br>French Fries<br>Pinto Beans<br>Romaine Lettuce<br>Tomatoes<br>Cucumbers<br>Juice<br>Shredded Cheese<br>Jalapeno Peppers<br>Assorted Fruit<br>Milk Variety<br>Ranch Dressing<br>Carnival Cookie<br>Roll | Beef & Macaroni<br>Seasoned Corn<br>Lima Beans<br>Romaine Lettuce<br>Shredded Cheese<br>Tomatoes<br>Green Peppers<br>Baby Carrots<br>Juice<br>Mandarin Oranges<br>Milk Variety<br>Ranch Dressing<br>Mini Rice Krispie Tr<br>Roll |

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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