

Sylacauga City Schools

008 - Sylacauga High

Jan 31, 2019

February Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Fri - 2/1/2019 French Bread Pizza Seasoned Corn Romaine Lettuce Tomatoes Cucumbers Juice Mandarin Oranges Milk Variety Ranch Dressing Carnival Cookie
Mon - 2/4/2019 Gumbo Brown Rice Blackeyed Peas Romaine Lettuce Shredded Cheese Tomatoes Green Peppers Baby Carrots Juice Peach Cup Milk Variety Ranch Dressing Chocolate Grahams	Tue - 2/5/2019 Chicken Sandwich Hamburger Broccoli w/ Cheese Pinto Beans Romaine Lettuce Tomatoes Pepperoncini Cucumbers Shredded Cheese Juice Apple Oranges Milk Variety Ranch Dressing	Wed - 2/6/2019 Salisbury Steak&Gravy Mashed Potatoes Green Beans Juice Apple Romaine Lettuce Tomatoes Shredded Cheese Cucumbers Black Olives Ranch Dressing Milk Variety Roll	Thu - 2/7/2019 Chili French Fries Juice Strawber Cup (commod Romaine Lettuce Tomatoes Baby Carrots Jalapeno Peppers Ranch Dressing Milk Variety Brownie Pudding Grilled Cheese Sandwic	Fri - 2/8/2019 Chicken Tenders Potato Wedges Juice Sliced Pears Romaine Lettuce Tomatoes Pepperoncini Diced Eggs Ranch Dressing Milk Variety Teddy Grahams Roll Sweet and Sour Sauce GEN. TSO SAUCE
Mon - 2/11/2019 Mexican Fiestada Pizza Seasoned Corn Peaches Juice Romaine Lettuce Shredded Cheese Tomatoes Pepperoncini Ranch Dressing Milk Variety Brownie	Tue - 2/12/2019 Crispitos Cheese Sauce Juice Fruit Cocktail Pinto Beans Ranch Dressing Romaine Lettuce Diced Eggs Tomatoes Jalapeno Peppers Milk Variety Fresh Salsa	Wed - 2/13/2019 Country Steak Gravy Parsley Potatoes Blackeye Peas Romaine Lettuce Sliced Tomatoes Baby Carrots Jalapeno Peppers Diced Eggs Fresh Broccoli Ranch Dressing Oranges Juice Animal Crackers Milk Variety Roll	Thu - 2/14/2019 Chicken Bites Broccoli w/ Cheese Pinto Beans Romaine Lettuce Tomatoes Shredded Cheese Juice Strawber Cup (commod Milk Variety Ranch Dressing Roll Choc. Chip Cookie Sweet and Sour Sauce Spicy Asian Chicken	Fri - 2/15/2019
Mon - 2/18/2019	Tue - 2/19/2019 Hamburger French Fries Baked Beans Romaine Lettuce Tomatoes Cucumbers Dill Pickles Baby Carrots Fresh Broccoli Ranch Dressing Juice Assorted Fruit Milk Variety	Wed - 2/20/2019 Tatertot Casserole Green Beans Romaine Lettuce Shredded Cheese Tomatoes Cucumbers Pepperoncini Baby Carrots Fresh Broccoli Ranch Dressing Juice Assorted Fruit Milk Variety Frosted Cinnamon Roll	Thu - 2/21/2019 MEXICAN BURRITO Spanish Rice Pinto Beans Romaine Lettuce Tomatoes Green Peppers Black Olives Shredded Cheese Ranch Dressing Juice Pears Milk Variety Fresh Salsa Cheese Enchilada	Fri - 2/22/2019 Pepperoni Pizza Seasoned Corn Ranch Dressing Romaine Lettuce Tomatoes Baby Carrots Black Olives Fresh Broccoli Pepperoncini Peaches Juice Milk Variety Carnival Cookie

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

February Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 2/25/2019	Tue - 2/26/2019	Wed - 2/27/2019	Thu - 2/28/2019	
Country Steak Gravy Green Beans Parsley Potatoes Romaine Lettuce Tomatoes Fresh Onions Baby Carrots Fresh Broccoli Green Peppers Ranch Dressing Juice Bananas Milk Variety Roll	Chicken Sandwich Hamburger French Fries Baked Beans Romaine Lettuce Tomatoes Green Peppers Baby Carrots Juice Fruit Cocktail Fresh Broccoli Milk Variety Ranch Dressing	Pork Riblet Baked Beans Romaine Lettuce Tomatoes Cucumbers Pepperoncini Baby Carrots Fresh Broccoli Diced Eggs Juice Peaches Milk Variety Ranch Dressing Sugar Cookie	Grilled Chicken Breast Roasted Potatoes Green Beans Romaine Lettuce Tomatoes Green Peppers Cucumbers Ranch Dressing Juice Pears Roll Milk Variety Cake	

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

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

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