



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>Crispitos Queso Cheese Sauce Seasoned Corn SALAD BAR TRU MOO CHOC MILK TRU MOO 1%</p>	<p style="text-align: right;">4</p> <p>Red Beans & Rice w/ Sausage Dinner Roll SALAD BAR Collard Greens Apple Crisp TRU MOO CHOC MILK TRU MOO 1%</p>	<p style="text-align: right;">5</p> <p>Country Steak Gravy Rolls Mashed Potatoes Blackeyed Peas Bananas TRU MOO CHOC MILK TRU MOO 1%</p>	<p style="text-align: right;">6</p> <p>Turkey & Noodles Rolls Sweet Potato Souffle Green Beans Juice TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">7</p> <p>Corn Dog WG French Fries Cole Slaw SALAD BAR Juice TRU MOO CHOC MILK TRU MOO 1%</p>
<p style="text-align: right;">10</p> <p>Chicken Bites WG Hash Browns SALAD BAR Juice TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">11</p> <p>Teriyaki Chicken Egg Roll Fried Rice English Peas Glazed Carrots SALAD BAR TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">12</p> <p>Chili Grilled Cheese Sandwich SALAD BAR Juice TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">13</p> <p>Nathan's Hot Dogs WG Tater Tots Baked Beans Cole Slaw Applesauce Cups TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">14</p> <p>Sausage Pizza Seasoned Corn Broccoli w/ Cheese Baby Carrots Raisins TRU MOO 1% TRU MOO CHOC MILK</p>
<p style="text-align: right;">17</p> <p>Cheese Stix Marinara Dipping Sauce SALAD BAR Juice TRU MOO CHOC MILK TRU MOO 1%</p>	<p style="text-align: right;">18</p> <p>Hamburgers French Fries SALAD BAR Juice TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">19</p> <p>TACO SALAD Black Bean & Corn Salad Salsa Green Peppers Oranges TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">20</p> <p>Chicken Casserole Dinner Roll Broccoli w/ Cheese Sweet Potato Souffle Raisins Apple Crisp TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">21</p> <p>Sausage Link CHEESE TOAST Oatmeal Hash Browns Salsa Jalapeno Peppers Applesauce Cups TRU MOO 1% TRU MOO CHOC MILK</p>
<p style="text-align: right;">24</p> <p>Gourmet Pepperoni Pizza Seasoned Corn SALAD BAR Juice TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">25</p> <p>Fajita Wrap Spanish Rice Black Bean & Corn Salad Salsa SALAD BAR TRU MOO CHOC MILK TRU MOO 1%</p>	<p style="text-align: right;">26</p> <p>Baked Spaghetti Dinner Roll Green Beans SALAD BAR TRU MOO CHOC MILK TRU MOO 1%</p>	<p style="text-align: right;">27</p> <p>Chix Sandwich WG Tater Tots Baby Carrots Juice TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">28</p>

Lunch provides meat/meat alternate, whole grain rich items, vegetables, fruit, and milk. Breakfast provides whole grain rich items, meat/meat alternate, fruit/vegetables, and milk. A variety of milk is offered for both meals. For lunch, students must choose at least three of the components offered, with one of those three including at least 1/2 cup of fruit or vegetables. Students may select all five items if they desire. For breakfast, students must select at least three items with one being at least 1/2 cup of fruit or vegetable, or they may select all items.

Sylacauga City Schools is a Provision 2 school and all students eat at no charge.