

# Coweta County School System

## Middle Lunch September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		Sep - 1  Chicken Salad w/Crack or Roast Beef & Cheese Sandwich Mayonnaise packet Popeye Salad Salad Dressing-Variety Potato Triangle Ketchup Breaded Vegetable Sti Jello Fresh Fruit Milk	Sep - 2  Crispy Fish Sandwich or Beef Nachos w/cheese Taco Sauce Pack Tartar Sauce Tossed Salad Corn on the Cob Fruit Slushie Chilled Fruit Choice Milk	Sep - 3  Baked Turkey or Country Fried Steak Roll Mashed Potatoes Pinto Beans Ketchup Fruit Choice Milk
Sep - 6  HOLIDAY	Sep - 7  Spaghetti w/Meat Sauc or Grilled Chicken Nugget bar-b-que sauce Cattle Tossed Salad Baby Lima Beans Garlic Cheddar Biscuit Fruit Choice Milk	Sep - 8  Broccoli Salad w/Turke or Hamburger Jo Jo Fries Dill Pickle Spear Peas and Carrots Chocolate Cake Fruit Choice Milk	Sep - 9  Bar-be-que on Bun or Hot Dog French Fries Cole Slaw Corn Niblets Jello Chilled Fruit Choice Milk	Sep - 10  Sloppy Joe on Bun or Deli Sub Sandwich Sweet Potato Fries English Peas Celery Sticks w/p'nut butter Fresh Fruit Milk Mayonnaise packet Mustard pk.
Sep - 13  Taco or Mini Corn Dogs Lettuce & Tomato Baby Lima Beans Honey Graham Cracke Fruit Choice Milk Ketchup Mustard pk. Sour Cream ind. pk. Salsa Taco Sauce Pack	Sep - 14  Roast Beef or Baked Turkey Parker House Roll Buttered Rice Green Beans Brown Gravy Stewed Squash Pineapple & Cheese S Milk	Sep - 15  Fish Sticks Tartar Sauce Ketchup or Mac & Cheese w/Ham Hushpuppies Popeye Salad Salad Dressing-Variety Blackeyed Peas Fruit Choice Milk	Sep - 16  Chicken Ala King Buttered Rice English Peas Roll Jello Fruit Juice Choice Fruit Choice Milk or Ham Slice	Sep - 17  Meat Loaf Ketchup Cornbread or PBJ Uncrustable Trix Yogurt Mashed Potatoes Pinto Beans Juice Bar Fruit Choice Milk
Sep - 20  Honey BBQ Wings or Sloppy Joe on Bun Carrot Strips w/ Dip Potato Rounds Ketchup Blackeyed Peas Chilled Fruit Choice Milk	Sep - 21  Lasagna or Grilled Chicken Nugget Garlic Cheddar Biscuit Popeye Salad Salad Dressing-Variety Peas and Carrots Cowboy Cookies Chilled Fruit Choice Milk Ketchup Bar B Q Sauce Ind. Honey Mustard	Sep - 22  Wrap or Rib-B-Que Sandwich Potato Triangle Ketchup Baked Beans Pasta Salad Fruit Choice Pudding Pop Milk	Sep - 23  Hamburger or Chicken Faititas French Fries Lettuce & Tomato Baby Lima Beans Chilled Fruit Choice P'nut Butter Grahams Milk Ketchup Mustard pk. Sour Cream ind. pk.	Sep - 24  Pizza or Orange Chicken Salad Mixed Vegetables Celery Sticks Tossed Salad Fruit Choice Milk Sherbert

*\*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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September 2010

Aug 16, 2010

Page 2

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 27	Sep - 28	Sep - 29	Sep - 30	
Steak Sandwich or Chicken Sandwich Potato Rounds Field Peas Fruit Slushie Mustard pk. Mayonnaise packet Ketchup Chilled Fruit Choice Milk	Hot Ham 'n Cheese Chips or Beef Shepard's Pie Popeye Salad Salad Dressing-Variety Broccoli w/Cheese Sau Fresh Fruit Milk	"Breakfast for Lunch" Chicken 'n Biscuit Egg Patty Jelly Peppered Gravy Grits or Cereal Cinnamon Rolls Fruit Juice Choice Milk	Mini Burgers Ketchup Mustard pk. or Corn Dog French Fries Dill Pickle Spear English Peas Carrot Strips w/ Dip Brownie Chilled Fruit Choice Milk	

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