

Hazlehurst City School District

002 - Hazlehurst High School

Jul 29, 2022

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August 2022 (9-12)

Lunch Menu

Menu Subject To Change

STUDENTS MUST CHOOSE A FRUIT OR VEGETABLE FOR LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 1 Cheeseburger Chef Salad Crinkle Cut Fries Black-Eyed Peas Pineapple Tidbits Assorted Fruit Juices LF White Milk Chocolate Milk Graham Crackers Trimmings	Aug - 2 Chicken Spaghetti Green Beans Applesauce Cup Assorted Fruit Juices Yeast Roll Low Fat Milk FF Chocolate Milk	Aug - 3 BBQ Pulled Pork Burger Tuna Salad with Crackers Baked Beans Tater Tots Mandarin Fruit Cup Assorted Fruit Juices Low Fat Milk FF Chocolate Milk Chocolate Chip Cookie	Aug - 4 Chicken Fajitas Chef Salad Spanish Rice Green Peas Fruit Cocktail Assorted Fruit Juices Low Fat Milk FF Chocolate Milk Sour Cream Taco Sauce Cocoa Cereal Squares	Aug - 5 Stuffed Crust Pizza Tuna Salad with Crackers Whole Kernel Corn Broccoli Florets w/ Dip Fresh Oranges Assorted Fruit Juices Low Fat Milk Chocolate Milk
Aug - 8 Steak Fingers Tuna Salad with Crackers Mashed Potatoes & Grav Yeast Roll Flavored Raisins Assorted Fruit Juices LF White Milk FF Chocolate Milk Ketchup	Aug - 9 Shepherd's Pie Chef Salad Green Peas Yeast Roll Fresh Apples LF White Milk FF Chocolate Milk	Aug - 10 Hot Dogs Chef Salad Classic Coleslaw French Fries Fruit Cocktail Low Fat Milk Chocolate Milk Chocolate Chip Crisps Mustard Mayonnaise Ketchup	Aug - 11 Spaghetti & Meat Sauce Lima Beans Whole Wheat Garlic Toas Fresh Peaches Assorted Fruit Juices Low Fat Milk FF Chocolate Milk	Aug - 12 Buffalo Hot Wings Whole Wheat Roll Macaroni and Cheese Assorted Fruit Juices Frozen Fruit Juice Cups Low Fat Milk Chocolate Milk Ketchup Ranch Dressing
Aug - 15 Hamburger Steak w/ Gra Tuna Salad with Crackers Mashed Potatoes & Grav Yeast Roll Assorted Fruit Juices Chilled Peach Slices LF White Milk FF Chocolate Milk	Aug - 16 Chicken Nuggets Chef Salad Mashed Potatoes & Grav Whole Wheat Roll Sliced Strawberries Low Fat Milk FF Chocolate Milk Variety of Dipping Sauce	Aug - 17 Red Beans and Rice with Sausage Chef Salad Cornbread Crispy Sweet Potato Cubes Chilled Peaches Assorted Fruit Juices LF White Milk FF Chocolate Milk	Aug - 18 Beef Taco with Soft Tortilla Tuna Salad with Crackers Whole Kernel Corn Tropical Fruit LF White Milk FF Chocolate Milk Sour Cream Taco Sauce	Aug - 19 Beef-A-Roni Chef Salad Black-Eyed Peas Yeast Roll Assorted Fruit Juices Fresh Fruit Bowl LF White Milk FF Chocolate Milk
Aug - 22 BBQ Rib on Hoagie Bun Tuna Salad with Crackers Tater Tots Baked Beans Chilled Mandarin Oranges Fresh Fruit Bowl LF White Milk FF Chocolate Milk Rice Treat Bar	Aug - 23 Beef Tips over Noodles Tuna Salad with Crackers Whole Wheat Roll Green Peas Fresh Apples Assorted Fruit Juices Low Fat Milk FF Chocolate Milk	Aug - 24 Mexican Pizza Spicy Fries Corn on the Cob Applesauce Cup Assorted Fruit Juices Low Fat Milk Chocolate Milk Sugar Cookie	Aug - 25 Seasoned Baked Chicken Rice & Gravy Yeast Roll Steamed Cabbage Chilled Peach Slices LF White Milk FF Chocolate Milk	Aug - 26 Corn Dog Chef Salad Spicy Wedges Cheesy Broccoli Sliced Apples and Grapes FF Chocolate Milk LF White Milk Sugar 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 29 Sloppy Joe on Bun Chef Salad Tater Tots Green Beans Pineapple Tidbits FF Chocolate Milk LF White Milk Fruit Juice Box	Aug - 30 Fish Sticks Hushpuppies Southern Turnip Greens Fruit Cocktail Assorted Fruit Juices Low Fat Milk FF Chocolate Milk Ketchup	Aug - 31 Chili Cheese over Chips Sun Splash Juice Box Glazed Carrots LF White Milk FF Chocolate Milk Taco Sauce Rice Krispie Bars		

This institution is an equal opportunity provider.

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