

# Hazlehurst City School District

002 - Hazlehurst High School

Oct 24, 2022

Page 1

October 2022 (9-12)

Lunch Menu

Menu Subject To Change

**STUDENTS MUST CHOOSE A FRUIT OR VEGETABLE FOR LUNCH**

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3  Cheeseburger Chef Salad Tater Tots Cheesy Broccoli Chilled Peaches Assorted Fruit Juices LF White Milk Chocolate Milk Trimmings Ketchup Mustard Chilpolte Mayonnaise	Oct - 4  Spaghetti & Meat Sauce Chef Salad Green Beans Assorted Fruit Juices Chilled Peaches Tropical Fruit LF White Milk FF Chocolate Milk Assorted Salad Dressings	Oct - 5  Red Beans and Rice with Sausage Tuna Salad Salad Cornbread Glazed Carrots Fresh Bananas Apple Slices in a Bag Assorted Fruit Juices Low Fat Milk Chocolate Milk Rice Krispie Bars	Oct - 6  Hamburger w/ Trimming Chef Salad Yeast Roll Green Peas Chilled Peaches Sliced Apples and Grapes Assorted Fruit Juices LF White Milk FF Chocolate Milk	Oct - 7  Pepperoni Pizza Wedge Chef Salad Tater Tots Whole Kernel Corn Sliced Strawberries Chilled Peaches Assorted Fruit Juices Low Fat Milk Chocolate Milk Snack Cookies
Oct - 10  Holiday	Oct - 11  Holiday	Oct - 12  Chicken Tenders Macaroni and Cheese Chilled Peaches Assorted Fruit Juices Yeast Roll Low Fat Milk Chocolate Milk Ketchup Variety of Dipping Sauce Sugar Cookie	Oct - 13  Baked Pork Chop Chef Salad Mashed Potatoes & Grav Yeast Roll Sliced Strawberries Assorted Fruit Juices LF White Milk FF Chocolate Milk Assorted Salad Dressings	Oct - 14  Turkey & Cheese Hoagie Tuna Salad Salad Baby Carrots w/ Dressing Flamin Hot Chips Fresh Oranges Assorted Fruit Juices LF White Milk FF Chocolate Milk Giant Goldfish Cookies
Oct - 17  Shepherd's Pie Tuna Salad Salad Green Beans Black-Eyed Peas Yeast Roll Fresh Bananas Fresh Oranges Assorted Fruit Juices LF White Milk FF Chocolate Milk	Oct - 18  Chicken Tetrzzini Chef Salad Yeast Roll Green Peas Mandarin Fruit Cup Assorted Fruit Juices Low Fat Milk FF Chocolate Milk	Oct - 19  Spaghetti & Meat Sauce Chef Salad Whole Kernel Corn Whole Wheat Garlic Toas Assorted Fruit Juices Fresh Bananas LF White Milk FF Chocolate Milk Rice Krispie Bars	Oct - 20  Bean Burrito Beef Taco with Soft Tortilla Chef Salad Fiesta Rice Seasoned Lima Beans Assorted Fruit Juices Fresh Orange Smiles LF White Milk FF Chocolate Milk Assorted Salad Dressings Trimmings	Oct - 21  Steak Fingers Tuna Salad Salad Mashed Potatoes & Grav Yeast Roll Fruit Slushes Assorted Fruit Juices LF White Milk FF Chocolate Milk Ketchup
Oct - 24  Chicken with Alfredo Sauce Chef Salad Yeast Roll Corn on the Cob California Veggies Fruit Cocktail Assorted Fruit Juices LF White Milk FF Chocolate Milk	Oct - 25  Country Fried Steak Chef Salad Green Beans Yeast Roll Rosey Applesauce Fruit Slushes LF White Milk Chocolate Milk	Oct - 26  Mexican Pizza Tuna Salad Salad Tater Tots Baked Beans Sliced Apples and Grapes Assorted Fruit Juices LF White Milk FF Chocolate Milk Yellow Cake w/ Icing	Oct - 27  Spicy Chicken Sandwich Chef Salad Crinkle Cut Fries Baked Beans Blushing Chilled Pears LF White Milk Chocolate Milk Trimmings Ketchup Mustard Chilpolte Mayonnaise	Oct - 28  Catfish Strips French Fries Classic Coleslaw Hushpuppies Chilled Diced Pears Assorted Fruit Juices LF White Milk FF Chocolate Milk Ketchup Tartar Sauce Brownies

*\*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
Oct - 31  BBQ Meatballs on Bun Tater Tots Baked Beans Celery Sticks with Dip Chilled Mandarin Oranges Assorted Fruit Juices LF White Milk FF Chocolate Milk Yellow Cake w/ Icing				

This institution is an equal opportunity provider.

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