

Hazlehurst City School District
 001 - Hazlehurst Elementary/Middle School
 October 2022 Pre K-8

Lunch Menu

Menu Subject To Change

STUDENTS MUST CHOOSE A FRUIT OR VEGETABLE FOR LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 Chicken Nuggets Chef Salad Spicy Wedges California Veggies Chilled Peach Slices LF White Milk Chocolate Milk Ketchup	Oct - 4 Bean Burrito Chef Salad Corn on the Cob Tropical Fruit LF White Milk FF Chocolate Milk Chocolate Chip Cookie Taco Sauce	Oct - 5 Pepperoni Pizza Wedge Chef Salad Crinkle Cut Fries Apple Slices in a Bag Fresh Orange Smiles Low Fat Milk Chocolate Milk Snack Cookies	Oct - 6 Beef-A-Roni Chef Salad Whole Wheat Garlic Toas Field Peas Pineapple Tidbits LF White Milk FF Chocolate Milk	Oct - 7 Red Beans and Rice with Sausage Crispy Sweet Potato Cubes Cornbread Pineapple Tidbits Low Fat Milk Chocolate Milk
Oct - 10 Holiday	Oct - 11 Holiday	Oct - 12 Chicken Tenders Chef Salad Macaroni and Cheese Yeast Roll Frozen Fruit Juice Cups Low Fat Milk Chocolate Milk Ketchup Variety of Dipping Sauce	Oct - 13 Baked Pork Chop Chef Salad Mashed Potatoes & Grav Yeast Roll Sliced Strawberries 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 LF White Milk FF Chocolate Milk Giant Goldfish Cookies
Oct - 17 Chicken Tetrzzini Chef Salad Green Peas Fresh Oranges Whole Wheat Garlic Toas LF White Milk FF Chocolate Milk	Oct - 18 Shepherd's Pie Chef Salad Yeast Roll Black-Eyed Peas Chilled Diced Pears Low Fat Milk FF Chocolate Milk	Oct - 19 Spaghetti & Meat Sauce Chef Salad Lima Beans Whole Wheat Garlic Toas Fresh Bananas LF White Milk FF Chocolate Milk Rice Krispie Bars	Oct - 20 Beef Taco with Soft Tortilla Chef Salad Mixed Vegetables Frozen Fruit Juice Cups Chocolate Pudding LF White Milk FF Chocolate Milk Assorted Salad Dressings	Oct - 21 Steak Fingers Chef Salad Mashed Potatoes & Grav Yeast Roll Fruit Slushes LF White Milk FF Chocolate Milk Ketchup
Oct - 24 Chicken with Alfredo Sauce Tuna Salad with Crackers Yeast Roll Mixed Vegetables Chilled Peach Slices LF White Milk FF Chocolate Milk	Oct - 25 Country Fried Steak Chef Salad Green Beans Yeast Roll Rosey Applesauce LF White Milk Chocolate Milk	Oct - 26 Mexican Pizza Tuna Salad Salad Tater Tots Baked Beans Sliced Apples and Grapes 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 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.

Hazlehurst City School District
 001 - Hazlehurst Elementary/Middle School
 October 2022 Pre K-8

Oct 24, 2022

Lunch Menu
Menu Subject To Change

STUDENTS MUST CHOOSE A FRUIT OR VEGETABLE FOR LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 31 BBQ Meatballs on Bun Tater Tots Baked Beans Celery Sticks with Dip Chilled Mandarin Oranges LF White Milk FF Chocolate Milk Yellow Cake w/ Icing				

This institution is an equal opportunity provider.

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** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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