

Peach County High School

PEACH COUNTY SCHOOL NUTRITION PROGRAM

LUNCH IS AVAILABLE TO ALL STUDENTS AT NO CHARGE.
PLEASE TAKE ADVANTAGE OF MENU SELECTIONS

This institution is an equal opportunity provider.

LUNCH OPTIONS

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Troy's Famous Pizzeria	Mexican Pizza Tossed Salad OR Fresh Veggies Fruit and Veggie of the day	Wild Mike's Tossed Salad OR Fresh Veggies Fruit and Veggie of the day	Mexican Pizza Tossed Salad OR Fresh Veggies Fruit and Veggie of the day	Wild Mike's Tossed Salad OR Fresh Veggies Fruit and Veggie of the day	Mexican Pizza Tossed Salad OR Fresh Veggies Fruit and Veggie of the day
	Chicken Sandwich French Fries Fruit and Veggie of the day	Cheeseburgers with the WORKS French Fries Fruit and Veggie of the day	Barbecue Sandwich Chips Fruit and Veggie of the day	Turkey or Ham on Bun or Crossaint / PBJ Chips Fruit and Veggie of the day	Corndog / Chili Hotdog Chips Fruit and Veggie of the day
Zeus' Grill and More					
Sparta's Salad Bar	FEATURING Chicken Patty	FEATURING Diced Turkey	FEATURING Tuna Salad	FEATURING Diced Turkey	FEATURING Grilled Chicken
Helen's Home Cooked Corner	Nachos and Cheese Mexicali Rice Black Beans / Corn Salsa / Peppers Romaine Salad	Beef Patties with gravy / Roll Creamy Potatoes Sweet Peas	Cheesy Baked Spaghetti Wk Corn Steamed Carrots Tossed Salad	Barbecue Chicken with Cornbread Spicy Cabbage Sweet Yams	Fried Fish Creamy Grits and Okra Green Beans

OTHER DAILY SELECTIONS:

ENTREES
\$2.00

SNACKS
We offer a variety of a la carte snack items in our cafeteria

DRINKS
100% Juice
\$1.00

12oz Water
\$1.00

12 oz tea
or
12 oz Lemonade
\$1.00

Chips
\$1.00

NUTRITION BITES:

- Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch¹.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

