September 2019 PEACH COUNTY ELEMENTARY SCHOOLS





PEACH COUNTY SCHOOL NUTRITION PROGRAM

Lunch is available to all students at no charge. Please take advantage of ALL menu selections.

This institution is an equal opportunity provider.



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MvPlate



Monday

Tuesday

Wednesday

Thursday Chicken Tenders w/ Roll

Friday

LABOR DAY



Super Crunchy Tacos Shredded Lettuce and Tomato Black Beans & Corn Assorted Fruit Variety of Milk

Meat Lover's Pizza Steamed Carrots Spinach Salad w/ Strawberries Assorted Fruit Variety of Milk

Creamy Mashed Potatoes Green Beans Assorted Fruit Variety of Milk

Corn Dogs Baked Beans Steamed Carrots Assorted Fruit Variety of Milk

Crispy Chicken Sand. Lettuce/Tomato/Pickle Crispy French Fries Steamed Broccoli Assorted Fruit Variety of Milk

Cheesy Baked Spaghetti Garlic Bread Corn on the Cob **Tossed Salad** Assorted Fruit Variety of Milk

Personal Pan Pizza **Steamed Carrots** Spinach Salad w/ Strawberries Assorted Fruit Variety of Milk



Barbecue Chicken w/ Roll Creamy Mashed Potatoes Sweet Peas Assorted Fruit Variety of Milk

Hot Dogs **Baked Beans** Creamy Cole Slaw Assorted Fruit Variety of Milk

Submarine Sand. Lettuce/Tomato/Pickle Crispy French Fries Steamed Broccoli Assorted Fruit Variety of Milk



Beef Nachos and Cheese Salsa/Jalapeno Peppers Shredded Lettuce and Tomato Black Beans & Corn Assorted Fruit Variety of Milk

Pepperoni Pizza Steamed Carrots Spinach Salad w/ Strawberries Assorted Fruit Variety of Milk

Beef Patties & Gravy w/ Roll Creamy Mashed Potatoes Green Beans Assorted Fruit Variety of Milk

Fish and Cheese Sandwich Potato Wedges **Baked Beans** Assorted Fruit

Variety of Milk

Cheeseburgers Lettuce/Tomato/Pickle Crispy French Fries Steamed Broccoli Assorted Fruit Variety of Milk

Super Crunchy Tacos Salsa/Jalapeno Peppers Shredded Lettuce and Tomato Black Beans & Corn Assorted Fruit Variety of Milk

Meat Lover's Pizza Steamed Carrots Spinach Salad w/ Strawberries Assorted Fruit Variety of Milk



Chicken Tenders w/ Roll Creamy Mashed Potatoes Sweet Peas Assorted Fruit Variety of Milk

Corndoas Baked Beans **Steamed Carrots** Assorted Fruit Variety of Milk

Crispy Chicken Sand. Lettuce/Tomato/Pickle Crispy French Fries Steamed Broccoli Assorted Fruit Variety of Milk

30

Don't want to stand in LINE? Grab and Go Lunches Available!

