



COLD ITEMS OFFERED WILL VARY DAILY:
 ASSORTED FRUIT & 100% FRUIT JUICES, CHEF SALADS, SIDE SALADS &
 FRESH VEGETABLES, VARIETY OF SANDWICHES – TURKEY, TURKEY &
 CHEESE, HAM, HAM & CHEESE, & PEANUT BUTTER/JELLY.
 School Nutrition Department: (931) 388-8403



School Reimbursable Meal Pattern

All reimbursable meals **MUST** have a FRUIT or VEGETABLE on the tray. Students may decline 2 of the 5 meal components – Meat, Grain, Fruit, Vegetable and Milk but cannot decline BOTH Fruit and Vegetable
 Meal Price: K-12 **NO COST** Adults Meal: Meat & 3 w/drink - \$3.50
 Menu Subject to Change



Monday

Tuesday

Wednesday

Thursday

Friday



1
Beefy Cheesy Nachos
Chicken Fajita Nachos
 Refried Beans

2
County Fried Steak & Gravy
Fried Chicken Leg
 Mashed Potatoes
 Corn

3
Lasagna
 Green Bean

4
Big Daddy's Pizza
 Side Salad
 Cookie

7
Chicken & Waffles
Pizza
 Cali Blend

8
Beef Dipper
Country Chicken & gravy
 Mashed Potatoes

9
Pork Chop
Chicken Wrap
 Broccoli & Cheese

10
Spaghetti
 Italian Blend

11
Big Daddy's Pizza
 Side Salad
 Cookie

14
Chicken Strips
Cheeseburger
 Crinkle Fries

15
Hot Ham & Cheese
Croissant
Orange Chicken
 Asian Rice
 Veg Blend

16
Manager Choice

17
Manager Choice

18
1/2 DAY

21
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22
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23
CHRISTMAS BREAK

24
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25
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28

29
Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

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 Reference: USDA MyPlate

