
















ADAIR COUNTY SCHOOLS



FEB. 4 - MAR. 1, 2019 MENU FOR ACHS & ACMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Chicken Filet on Bun Lettuce/Tomato/Pickle French Fries Broccoli w/Cheese Fruit Options  BREAKFAST Bacon & Cheese Biscuit	5 Chili Crisпитos Queso Dip w/Chips Refried Beans Cookie Fruit Options BREAKFAST French Toast Sticks w/Syrup	6 Grilled Cheese Sandwich Chili w/Crackers Carrot & Celery Sticks Yogurt Fruit Options  BREAKFAST Donut Holes	7 Chicken Chunks w/Dipping Sauce French Fries Macaroni & Cheese Fruit Options BREAKFAST Breakfast Pizza	8 Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Fruit Options  BREAKFAST Gravy & Biscuit
11 Chili Cheese Coney French Fries Baked Beans Jonny Fruit Pop Fruit Options  BREAKFAST Sausage & Biscuit	12 Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Fruit Options BREAKFAST Yogurt Bar	13 Steak Strips w/A-1 Baked Potato Butter/Sour Cream/Cheese Garden Salad Whole Grain Roll Fruit Options  BREAKFAST Whole Grain Muffin	14 Barbecue on Bun Tator Tots Green Beans Apple w/Carmel Dip Fruit Options  BREAKFAST Scrambled Eggs Bacon & Toast	15 Corn Dog Emoji Potatoes Baked Beans Cookie Fruit Options  BREAKFAST Glazed Donut
18 NO SCHOOL!! 	19 Turkey & Cheese Sub Baked Potato Chips Broccoli/Cauliflower w/Dip Cookie Fruit Options BREAKFAST Sausage & Biscuit	20 Little Caesar's Pizza Garden Salad Corn Mini Rice Krispie Treat Fruit Options  BREAKFAST Whole Grain Muffin	21 Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options BREAKFAST Breakfast Tornado	22 Philly Cheese Steak w/A-1 Peppers & Onions French Fries Carrots w/Dip Granola Bar Fruit Options  BREAKFAST Twister Cinnamon Stick
25 Chicken Filet on Bun Lettuce/Tomato/Pickle French Fries Broccoli w/Cheese Fruit Options  BREAKFAST Bacon & Cheese Biscuit	26 Chili Crisпитos Queso Dip w/Chips Refried Beans Cookie Fruit Options BREAKFAST French Toast Sticks w/Syrup	27 Grilled Cheese Sandwich Chili w/Crackers Carrot & Celery Sticks Yogurt Fruit Options  BREAKFAST Donut Holes	28 Chicken Strips Creamed Potatoes Green Beans Whole Grain Roll Fruit Options BREAKFAST Breakfast Pizza	1 Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Fruit Options  BREAKFAST Gravy & Biscuit

NEWS

Choice of Low-Fat White Milk and Fat Free Flavored Milk offered daily at Breakfast and Lunch

Juice and Fruit Choices offered daily at Breakfast

Variety of General Mills and Kellogg's Cereals offered daily at Breakfast

Toast offered daily at Breakfast

Fresh Fruit offered daily

Salads are offered daily

Hamburger Line offered daily

Menu items are subject to change due to circumstances beyond our control.

Some items served contain peanuts. Substitutions can be made for students with special dietary needs per doctor's orders.



FLAVORFUL SIDES WITH EVERY MEAL:

Lunch includes a choice of 5 components: Meat/Meat Alternate, Bread/Grain, Fruit, Vegetable, and Skim, 1% White Fat Free Flavored Milk. Students may take 5, 4 or 3, which must include 1 fruit or vegetable serving.