
















# ADAIR COUNTY SCHOOLS



## FEB. 4 - MAR. 1, 2019 MENU FOR ACES & ACPC

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

**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

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.