



# ADAIR COUNTY SCHOOLS



## SEPTEMBER 2019 MENU FOR ACES & ACPC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>NO SCHOOL!!</p> 	<p>3</p> <p>Popcorn Chicken or Chili Crisпитos Queso Dip w/Chips Refried Beans Cookie Fruit Options</p> <p>BREAKFAST French Toast Sticks w/Syrup</p>	<p>4</p> <p>Burrito or Spaghetti Garden Salad Corn Cheese Breadstick Fruit Options</p>  <p>BREAKFAST Donut Holes</p>	<p>5</p> <p>Hot Dog on Bun or Chicken Chunks w/Dipping Sauce French Fries Macaroni &amp; Cheese Fruit Options</p>  <p>BREAKFAST Breakfast Pizza</p>	<p>6</p> <p>Pizza Calzone or Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Fruit Options</p> <p>BREAKFAST Gravy &amp; Biscuit Stix</p>
<p>9</p> <p>Turkey &amp; Cheese Sub or Chili Cheese Coney French Fries Fresh Vegetable Cup w/Dip Fruit Options</p> <p>BREAKFAST Sausage &amp; Biscuit</p>	<p>10</p> <p>Burrito or Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Fruit Options</p>  <p>BREAKFAST Yogurt Bar</p>	<p>11</p> <p>Mini Corn Dogs or Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options</p> <p>BREAKFAST Whole Grain Muffin</p>	<p>12</p> <p>Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans Biscuit Fruit Options</p>  <p>BREAKFAST Cinnamon Roll</p>	<p>13</p> <p>Cheeseburger on Bun or Steak Strips w/A-1 Sauce Baked Potato Butter, Sour Cream Steamed Vegetables Roll Fruit Options</p>  <p>BREAKFAST Scrambled Eggs Bacon &amp; Toast</p>
<p>16</p> <p>Grilled Cheese Sandwich or Hot Ham &amp; Cheese on Bun Baked Potato Chips Baked Beans Cookie Fruit Options</p> <p>BREAKFAST Sausage &amp; Biscuit</p>	<p>17</p> <p>Taco Stix or Cheesy Bites w/Marinara Sauce Garden Salad Fiesta Corn Fruit Options</p>  <p>BREAKFAST Breakfast Bar</p>	<p>18</p> <p>Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans Roll Fruit Options</p> <p>BREAKFAST Breakfast Tornado</p>	<p>19</p> <p>PB &amp; J Uncrustable or Little Caesar's Pizza Garden Salad Corn Mini Rice Krispie Treat Fruit Options</p>  <p>BREAKFAST Chocolate or White Donuts</p>	<p>20</p> <p>Cheeseburger on Bun or Barbecue on Bun French Fries Peas Sidekick Fruit Options</p>  <p>BREAKFAST Chicken &amp; Biscuit</p>
<p>23</p> <p>Cheeseburger on Bun or Chicken Filet on Bun Lettuce/Tomato/Pickle French Fries Broccoli w/Cheese Fruit Options</p>  <p>BREAKFAST Bacon &amp; Cheese Biscuit</p>	<p>24</p> <p>Popcorn Chicken or Chili Crisпитos Queso Dip w/Chips Refried Beans Cookie Fruit Options</p> <p>BREAKFAST French Toast Sticks w/Syrup</p>	<p>25</p> <p>Burrito or Spaghetti Garden Salad Corn Cheese Breadstick Fruit Options</p>  <p>BREAKFAST Donut Holes</p>	<p>26</p> <p>Hot Dog on Bun or Chicken Chunks w/Dipping Sauce French Fries Macaroni &amp; Cheese Fruit Options</p> <p>BREAKFAST Breakfast Pizza</p>	<p>27</p> <p>Pizza Calzone or Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Fruit Options</p>  <p>BREAKFAST Gravy &amp; Biscuit Stix</p>

**NEWS**

Choice of Low-Fat White Milk and 1% 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

Pop Tarts 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 1% Flavored Milk.

Students may take 5, 4 or 3, which must include 1 fruit or vegetable serving.