



ADAIR COUNTY SCHOOLS



SEPTEMBER 2019 FOR ACHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>NO SCHOOL!!</p> 	<p>3</p> <p>Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Fiesta Corn Fruit Options</p> <p>BREAKFAST Gravy & Biscuit</p>	<p>4</p> <p>Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options</p>  <p>BREAKFAST Cinnamon Roll</p>	<p>5</p> <p>Chicken Chunks w/Dipping Sauce French Fries Macaroni & Cheese Roll Fruit Options</p>  <p>BREAKFAST Breakfast Pizza</p>	<p>6</p> <p>Little Caesar's Pizza Garden Salad Corn Mini Rice Krispie Treat Fruit Options</p> <p>BREAKFAST Scrambled Eggs Bacon & Toast</p>
<p>9</p> <p>Barbecue on Bun Tator Tots Broccoli w/Cheese Apples w/Carmel Dip Fruit Options</p> <p>BREAKFAST Breakfast Pizza</p>	<p>10</p> <p>Cheesy Bites w/Marinara Sauce Garden Salad Corn Fudge Bar Fruit Options</p>  <p>BREAKFAST Yogurt Bar</p>	<p>11</p> <p>Chili Crisпитos Queso Dip w/Chips Refried Beans Cookie Fruit Options</p> <p>BREAKFAST Whole Grain Muffin</p>	<p>12</p> <p>Chicken Strips Creamed Potatoes Green Beans Roll Fruit Options</p>  <p>BREAKFAST Sausage & Biscuit</p>	<p>13</p> <p>Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Strawberry Cup Fruit Options</p>  <p>BREAKFAST Chicken & Biscuit</p>
<p>16</p> <p>Chili Cheese Coney French Fries Broccoli w/Dip Rice Krispie Treat Fruit Options</p> <p>BREAKFAST Breakfast Tornado</p>	<p>17</p> <p>Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Fiesta Corn Fruit Options</p>  <p>BREAKFAST Gravy & Biscuit</p>	<p>18</p> <p>Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options</p> <p>BREAKFAST Cinnamon Roll</p>	<p>19</p> <p>Chicken Chunks w/Dipping Sauce French Fries Macaroni & Cheese Roll Fruit Options</p>  <p>BREAKFAST Breakfast Pizza</p>	<p>20</p> <p>Little Caesar's Pizza Garden Salad Corn Mini Rice Krispie Treat Fruit Options</p>  <p>BREAKFAST Scrambled Eggs Bacon & Toast</p>
<p>23</p> <p>Barbecue on Bun Tator Tots Broccoli w/Cheese Apples w/Carmel Dip Fruit Options</p>  <p>BREAKFAST Breakfast Pizza</p>	<p>24</p> <p>Cheesy Bites w/Marinara Sauce Garden Salad Corn Fudge Bar Fruit Options</p> <p>BREAKFAST Yogurt Bar</p>	<p>25</p> <p>Chili Crisпитos Queso Dip w/Chips Refried Beans Cookie Fruit Options</p>  <p>BREAKFAST Whole Grain Muffin</p>	<p>26</p> <p>Chicken Strips Creamed Potatoes Green Beans Roll Fruit Options</p> <p>BREAKFAST Sausage & Biscuit</p>	<p>27</p> <p>Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Strawberry Cup Fruit Options</p>  <p>BREAKFAST Chicken & Biscuit</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

Grab & Go Box offered daily at Lunch

Pop Tarts offered daily at Breakfast

Fresh Fruit offered daily

Salads are offered daily

Hamburger/Cheeseburger 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 1% Flavored Milk.

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