










ADAIR COUNTY SCHOOLS



SEPTEMBER 2019 FOR ACMS

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

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.