

October 2018 PEACH COUNTY SCHOOLS

LUNCH



**SANDWICHES AND OTHER
FRESH OFFERINGS AVAILABLE DAILY
ADDITIONAL OFFERINGS AT PEACH HIGH**
Fruit, Milk and Water are available with ALL meals



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



This institution is an equal opportunity provider

Monday

Pepperoni Pizza 1

Mixed Vegetables
Spinach Salad w/
Cherry Tomatoes

Tuesday

Chili Cheese Fries 2

Pinto Beans
California Medley

Wednesday

Chicken & Rice Bowl 3
Black Beans & Corn
Salsa & Cheese
Tossed Salad

Thursday

MANAGER'S CHOICE 4

Friday

Barbecue Sandwich 5

Tater Tots
Fresh Veggies & Dip

Cheeseburgers 8

Lettuce/Tomato/Pickle
Crispy Tater Tots
Steamed Carrots

LOTG 9
(LUNCH ON THE GO)

FALL BREAK 11

PIZZA!!!! 15



Corn on the Cob
Fresh Veggies & Dip

NATIONAL

Chicken & Rice Bowl 16
Black Beans & Corn
Salsa & Cheese
Tossed Salad

SCHOOL

WE LOVE B.A.L. 17
(Breakfast at Lunch)



Oven Roasted Chicken 18
Collard Greens
Sweet Potatoes
Cornbread

LUNCH

Chili Cheese Nachos 19
Salsa/Jalapeno Peppers
Veggie Beans - Garden Salad

WEEK

Baked Spaghetti 22

WK Corn
Green Beans
Garlic Bread

Crispy Chicken Sandwich 23

Lettuce / Pickles
Ranch Fries
California Medley

Pepperoni Pizza 24

Mixed Vegetables
Spinach Salad w/
Cherry Tomatoes

Chicken & Waffles 25

Steamed Broccoli
Whole Carrots

Crispy Corn Dogs 26

Baked Beans
Coleslaw

Chicken Pot Pie 29

Green Beans
Corn on the Cob
Biscuits

Grilled Chicken Sandwich 30

Tater Tots
California Medley



Chili Cheese Nachos 31
Salsa/Jalapeno Peppers
Black Beans & Corn
Spinach Salad

