

April 2018

PEACH COUNTY SCHOOLS



PEACH COUNTY SCHOOL NUTRITION PROGRAM
Lunch is available to all students at no charge.
Please take advantage of menu offerings



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

HAMBURGER DELUXE

Tater Tots
WK Corn
Assortment of Fruit
Milk Variety

2

Tuesday

PERSONAL PAN PIZZA

WK Corn
Fresh Veggies and Dip
Assortment of Fruit
Milk Variety

3

Wednesday

CHEESY SPAGHETTI BAKE

W/ breadsticks
Green Beans
Corn on the Cob
Assortment of Fruit
Milk Variety

4

Thursday

CHICKEN BOWL

Salsa / Black Beans / Rice
Fresh Tossed Salad
Assortment of Fruit
Milk Variety

5

Friday

TURKEY & CHEESE SUB BAR

Baked Chips
Fresh Veggies & Dip
Cookie
Assortment of Fruit
Milk Variety

6

CHICKEN FILET SANDWICH

French Fries
Baby Carrots
Assortment of Fruit
Milk Variety

9

BREAKFAST AT LUNCH

10

BEEF PATTIES & GRAVY

Creamy Potatoes
Black-eyed Peas
Home-style Rolls
Assortment of Fruit
Milk Variety

11

CHICKEN N WAFFLES

Steamed Broccoli
Veggie Coins
Assorted Fruit
Milk Variety

12

MANAGER'S CHOICE

13

HAMBURGER DELUXE

Tater Tots
WK Corn
Assortment of Fruit
Milk Variety

16

PERSONAL PAN PIZZA

WK Corn
Fresh Veggies and Dip
Assortment of Fruit
Milk Variety

17

CHEESY SPAGHETTI BAKE

W/ breadsticks
Green Beans
Corn on the Cob
Assortment of Fruit
Milk Variety

18

CHICKEN BOWL

Salsa / Black Beans / Rice
Fresh Tossed Salad
Assortment of Fruit
Milk Variety

19

TURKEY & CHEESE SUB BAR

Baked Chips
Fresh Veggies & Dip
Cookie
Assortment of Fruit
Milk Variety

20

CHICKEN FILET SANDWICH

French Fries
Baby Carrots
Assortment of Fruit
Milk Variety

23

PERSONAL PAN PIZZA

WK Corn
Fresh Veggies and Dip
Assortment of Fruit
Milk Variety

24

BEEF PATTIES & GRAVY

Creamy Potatoes
Black-eyed Peas
Home-style Rolls
Assortment of Fruit
Milk Variety

25

CHICKEN N WAFFLES

Steamed Broccoli
Veggie Coins
Assorted Fruit
Milk Variety

26

MANAGER'S CHOICE

27

HAMBURGER DELUXE

Tater Tots
WK Corn
Assortment of Fruit
Milk Variety

30

