

# Mobile County Public Schools

## Child Nutrition

### 9th - 12th Grade

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

**Happy  
Labor Day**

**6**
**Pulled Pork**
**7**

Pulled Pork, Green or Lima Beans, Sweet Potatoes Roll  
Juice Choice  
Fruit Choice  
Milk Choice

**Hot Dog (Chili)**
**8**

Hot Dog w/ Bun, chili Sauce, Cheese Cheddar Shredded French Fries, Cole Slaw, Brownies  
Juice Choice  
Fruit Choice  
Milk Choice

**Salisbury Steak**
**9**

Mashed Potatoes w/ Gravy or Rice, Green Sweet Peas, Biscuit  
Juice Choice  
Fruit Choice  
Milk Choice

**Turkey/Ham Cheese Sub**
**10**

Ham & Turkey on Bun or Hoagie Sub Sliced American Cheese Carrots, sliced Romaine & Tomatoes, Dill Pickle Spears, Juice Choice, Fruit Choice, Milk Choice

**Spaghetti**
**13**

Spaghetti w/ meat sauce Garden Salad, Bread-stick, Corn on Cob  
Juice Choice  
Fruit Choice  
Milk Choice

**Pizza**
**14**

Pizza, Pepperoni Stuffed Crust Sweet Green Peas Tater Tots  
Juice Choice  
Fruit Choice  
Milk Choice

**Tuna**
**15**

Tuna, light, in water Romaine & Tomatoes Sweet Potato Fries  
Juice Choice  
Fruit Choice  
Milk Choice

**Chicken Wings**
**16**

Oven Roasted Crispy Chicken Wings, Green Beans, Rice Pilaf w/ Gravy & Roll  
Juice Choice  
Fruit Choice  
Milk Choice

**Cheeseburger**
**17**

Beef Patty Romaine & Tomatoes French Fries  
Juice Choice  
Fruit Choice  
Milk Choice

**Chicken on Bun**
**20**

Chicken, Patty Spicy Bun Tater Tots Baby Raw Carrots  
Juice Choice  
Fruit Choice  
Milk Choice

**Beef-A-Roni**
**21**

Beef-A-Roni Pasta, Macaroni Beans, Green Salad, Caesar Bread-stick, Brownies  
Juice Choice  
Fruit Choice  
Milk Choice

**Taco Meat w/ Tortilla Chips**
**22**

Chicken Chili Corn, whole kernel Black Beans, Shredded cheddar Cheese, Rice Krispie Treat,  
Juice Choice  
Fruit Choice  
Milk Choice

**Chicken Gumbo**
**23**

Gumbo w/ Brown Rice, Potato Salad  
Juice Choice  
Fruit Choice  
Milk Choice

**Beef Hoagie on Bun**
**24**

Beef Patty on Hoagie Bun Romaine & Tomatoes Sweet Potato Fries  
Juice Choice  
Fruit Choice  
Milk Choice

**Sloppy Joe on Bun**
**27**

Tater Tots Beans, Vegetarian Garden Salad  
Juice Choice  
Fruit Choice  
Milk Choice

**Red Beans & Rice**
**28**

Red Beans Rice Cornbread Greens, Turnip or Collard  
Juice Choice  
Fruit Choice  
Milk Choice

**Hot Dog & Chili Cheese**
**29**

Hot Dog (Chili) Bun, Hot Dog Potato, French Fries Cole Slaw Cheese Cheddar Shredded  
Juice Choice  
Fruit Choice  
Milk Choice

**Teriyaki Chicken**
**30**

Fried Rice Vegetables Stir Fry Vegetable Egg Roll  
Juice Choice  
Fruit Choice  
Milk Choice

