Amite County High School

 August 2022 Lunch Menu

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Aug - 8Chicken TendersMashed Potatoes / GravyLemon Glazed CarrotsRollFruit JuiceFruitMilk | Aug - 9Crispy Beef Taco Mixed VegetablesBaby Carrots Sour Cream 2Taco Sauce 2Cookies 9/12-2 7/8-1Fruit JuiceFruitMilk | Aug - 10BBQ MeatballsSpicy FriesMustard GreenCornbreadKetchup 1PuddingFruit JuiceFruitMilk | Aug - 11Country Fried Steak SandwichGreen BeansItalian Sliced CarrotsMayonnaise1Ketchup 1Jello with ToppingFruit JuiceFruitMilk | Aug - 12CheeseburgerFrench FriesBaked BeansMayonnaise 1Mustard 1Ketchup 3BrowniesFruit JuiceFruitMilk |
| Aug - 15Cheesy Chicken Over/CornbreadSeasoned CabbageSteamed CarrotsFruit JuiceFruitMilk | Aug - 16Pizza Tater TotsBroccoli SaladSnack CookiesKetchup 2Fruit JuiceFruitMilk | Aug - 17Spaghetti & Meat SauceGarlic ToastYam PattiesSeasoned Lima BeansSouthern MudFruit JuiceFruitMilk | Aug - 18Corn DogSpicy FriesCucumber Slices Ketchup 3 Mustard 1Banana PuddingFruit JuiceFruitMilk | Aug - 19Chicken SandwichFrench FriesCalifornia VeggiesMayonnaise 1Mustard 1 Ketchup 3Fruit JuiceCrispMilk |
| Aug - 22Steak FingersMashed Potatoes / GravyItalian Sliced CarrotsRollCrackers, fish shapeFruit JuiceFruitMilk | Aug - 23Beefy Nachos GrandeWhole Kernel CornSalsaSour Cream 9-12Taco Sauce 1PuddingFruit JuiceFruitMilk | Aug - 24Pork ChopRice / GravyCornbreadCollard GreenBlack-Eyed PeasFruit JuiceFruitMilk | Aug - 25Bacon CheeseburgerSweet Potato FriesMixed VegetablesMayonnaise 1Mustard 1Ketchup 2BrowniesFruit JuiceFruitMilk | Aug - 26Sloppy Joe on BunFrench FriesConfetti ColeslawKetchup 2Jello with ToppingFruit JuiceFruitMilk |
| Aug - 29Scrambled Eggs & BaconYogurtsHot GritsWaffles / Syrup 1Hashbrown PotatoesVegetable JuiceKetchup 1Fruit JuiceFruitMilk | Aug - 30Chicken FajitasFiesta RiceGarden Salad Cake 9-12Sliced StrawberriesFruit JuiceFruitMilk | Aug - 31Red Beans and Rice with SausageCornbreadMustard GreenYam PattiesFruit JuiceFruitMilk |  |  |

\*\*\*Students are encouraged to select five components: fruit, vegetable, grain, meat/meat alternative and milk. However, students are only required to select three components with one being a fruit or vegetable. \*\*\*

\*Milk served daily: fat-free Chocolate and low-fat white milk. \*

\*\*Menu subject to change due to unforeseen circumstances. \*\*

\*\*\*This institution is an equal Opportunity Provider\*\*\*

