Amite County High School

August 2022 Lunch Menu

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Aug - 8  Chicken Tenders  Mashed Potatoes / Gravy  Lemon Glazed Carrots  Roll  Fruit Juice  Fruit  Milk | Aug - 9  Crispy Beef Taco  Mixed Vegetables  Baby Carrots  Sour Cream 2  Taco Sauce 2  Cookies 9/12-2 7/8-1  Fruit Juice  Fruit  Milk | Aug - 10  BBQ Meatballs  Spicy Fries  Mustard Green  Cornbread  Ketchup 1  Pudding  Fruit Juice  Fruit  Milk | Aug - 11  Country Fried Steak  Sandwich  Green Beans  Italian Sliced Carrots  Mayonnaise1  Ketchup 1  Jello with Topping  Fruit Juice  Fruit  Milk | Aug - 12  Cheeseburger  French Fries  Baked Beans  Mayonnaise 1  Mustard 1  Ketchup 3  Brownies  Fruit Juice  Fruit  Milk |
| Aug - 15  Cheesy Chicken Over/  Cornbread  Seasoned Cabbage  Steamed Carrots  Fruit Juice  Fruit  Milk | Aug - 16  Pizza  Tater Tots  Broccoli Salad  Snack Cookies  Ketchup 2  Fruit Juice  Fruit  Milk | Aug - 17  Spaghetti & Meat Sauce  Garlic Toast  Yam Patties  Seasoned Lima Beans  Southern Mud  Fruit Juice  Fruit  Milk | Aug - 18  Corn Dog  Spicy Fries  Cucumber Slices  Ketchup 3 Mustard 1  Banana Pudding  Fruit Juice  Fruit  Milk | Aug - 19  Chicken Sandwich  French Fries  California Veggies  Mayonnaise 1  Mustard 1 Ketchup 3  Fruit Juice  Crisp  Milk |
| Aug - 22  Steak Fingers  Mashed Potatoes / Gravy  Italian Sliced Carrots  Roll  Crackers, fish shape  Fruit Juice  Fruit  Milk | Aug - 23  Beefy Nachos Grande  Whole Kernel Corn  Salsa  Sour Cream 9-12  Taco Sauce 1  Pudding  Fruit Juice  Fruit  Milk | Aug - 24  Pork Chop  Rice / Gravy  Cornbread  Collard Green  Black-Eyed Peas  Fruit Juice  Fruit  Milk | Aug - 25  Bacon Cheeseburger  Sweet Potato Fries  Mixed Vegetables  Mayonnaise 1  Mustard 1  Ketchup 2  Brownies  Fruit Juice  Fruit  Milk | Aug - 26  Sloppy Joe on Bun  French Fries  Confetti Coleslaw  Ketchup 2  Jello with Topping  Fruit Juice  Fruit  Milk |
| Aug - 29  Scrambled Eggs & Bacon  Yogurts  Hot Grits  Waffles / Syrup 1  Hashbrown Potatoes  Vegetable Juice  Ketchup 1  Fruit Juice  Fruit  Milk | Aug - 30  Chicken Fajitas  Fiesta Rice  Garden Salad  Cake 9-12  Sliced Strawberries  Fruit Juice  Fruit  Milk | Aug - 31  Red Beans and Rice with Sausage  Cornbread  Mustard Green  Yam Patties  Fruit Juice  Fruit  Milk |  |  |

\*\*\*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\*\*\*

