



SEPTEMBER 2023

STEWART COUNTY EDUCATIONAL COMPLEX

**MENU SUBJECT TO
CHANGE!!**

This Institute is an equal opportunity
provider

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast for Lunch

WG Grits/Cheese
Scrambled Eggs
Sausages
WG Biscuits
Hash Browns
Fresh & Chilled Fruit

Tacos WG Shells
Corn Dogs
Refried Beans
Corn
Spanish Rice
Fresh & Chilled Fruit

Chicken Nuggets
WW Roll
California Blend
Sweet Potatoes
Chilled & Fresh Fruit

Salisbury Steak w/Gravy
Mashed Potatoes & WG Roll
Green Beans
Fresh & Chilled Fruit

Chicken Salad WG Crackers
Carrots W/ Ranch (Steamed)
Leaf Lettuce/Tomatoes
WG Chips
Fresh & Chilled Fruit

Chicken Fajita WG Wrap
Riblet
Mexican Rice
Black Bean & Corn Salsa
Fresh & Chilled Fruit

Pizza
Corn Dogs
Corn
Sweet Peas
Fresh & Chilled Fruit

Hamburger WG Bun (Cheese)
Chicken Patty
Leaf Lettuce/Tomatoes
Sweet Potatoes
Fresh & Chilled Fruit

Oven Roasted Chicken
Riblet on Bun
Black-eyed Peas
Corn Bread
Steamed Broccoli
Fresh & Chilled Fruit

Tuna Salad WG Crackers
Carrots W/ Ranch (Steamed)
Leaf Lettuce/Tomatoes
WG Chips
Fresh & Chilled Fruit

Cheesy Chicken
Rice Casserole
Corn Dog
WG Roll
Green Beans
Fresh & Chilled Fruit

Grilled Hot Dogs WG Buns
Corn Dog
Baked Beans
Chili
Seasoned Fries
Fresh & Chilled Fruit

Sloppy Joe/ WG Bun
Fish Square
Cole Slaw
French Fries
Fresh & Chilled Fruit

BBQ Pork
Corn Bread
Potato Salad
Turnip Greens
Fresh & Chilled Fruit

Turkey BLT Wraps
Carrots W/ Ranch (Steamed)
Leaf Lettuce/Tomatoes
WG Chips
Fresh & Chilled Fruit

Spaghetti w/ Meat Sauce
Corn Dogs
Garlic Bread/
Green Beans
Side Salad
Fresh & Chilled Fruit

Chicken Tender Basket WG Roll
PB & J
Sweet Potato Fries
Steamed Broccoli
Fresh & Chilled Fruit

Beef Nachos
Corn Dogs
Corn
WG Chips
Fresh & Chilled Fruit

BBQ Chicken
Chicken Nuggets
Scalloped Potatoes
Steamed Carrots
WG Roll
Fresh & Chilled Fruit

Meat Ball Sub
Riblet
Pasta Salad
Corn On Cob
Fresh & chilled Fruit