

Covington County Schools

K-8 LUNCH MENU---SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***** A Variety of Milk and Condiments are Offered Daily</p>			<p>1 ITALIAN CHEESY BREAD Lima Beans Whole Kernel Corn Oranges Milk</p>	<p>2 GRILLED CHICKEN SANDWICH Sweet Potato Fries California Mixed Veggies Cool Ranch Doritos Bananas Milk</p>
<p>5 LABOR DAY HOLIDAY * NO SCHOOL *</p>	<p>6 PEPPERONI PIZZA Whole Kernel Corn Green Beans Mandarin Oranges Milk</p>	<p>7 CORN DOG Broccoli & Cheese Baby Carrots w/Ranch Apples Milk</p>	<p>8 BBQ CHICKEN POTATO Romaine Salad w/Ranch Blackeye Peas Bananas Roll Milk</p>	<p>9 SLOPPY JOE Baked Beans Coleslaw Pineapple Chunks Milk</p>
<p>12 BAKED CHICKEN TENDERS Roasted Sweet Potato Steamed Broccoli Mixed Fruit Roll Milk</p>	<p>13 CHICKEN SPAGHETTI Tossed Salad w/Ranch Green Beans Oranges Parmesan Breadstick Milk</p>	<p>14 SOUTHWEST CHEESY BREAD Diced Roasted Potatoes California Mixed Veggies Bananas Milk</p>	<p>15 HAMBURGER Lettuce & Tomato Macaroni & Cheese English Peas Sliced Peaches Milk</p>	<p>16 CRISPITO W/CHEESE Refried Beans Whole Kernel Corn Apples Milk</p>
<p>19 CHEESE PIZZA Sweet Potato Fries California Mixed Veggies Pineapple Chunks Raspberry Sherbet Milk</p>	<p>20 CHICKEN QUESADILLA Romaine Salad w/Ranch Green Beans Oranges Milk</p>	<p>21 CRISPITA SANDWICH Lettuce & Tomato Shoestring Fries Lima Beans Bananas Milk</p>	<p>22 PEPPERONI PIZZA STUFFED SANDWICH Steamed Carrots Steamed Broccoli Sliced Pears Garden Salsa Sunchips Milk</p>	<p>23 BBQ PORK SANDWICH Baked Beans Potato Salad Apples Orange Sherbet Milk</p>
<p>26 CHICKEN BITES Macaroni & Cheese Turnips Diced Peaches Roll Milk</p>	<p>27 BEEF TACO Tossed Salad w/Ranch Refried Beans Mixed Fruit Milk</p>	<p>28 FRENCH BREAD PEPPERONI PIZZA Whole Kernel Corn Green Beans Apples Milk</p>	<p>29 RANCH BAKED CHICKEN Roasted Sweet Potato California Mixed Veggies Bananas Roll Milk</p>	<p>30 HOT DOG Diced Roasted Potatoes Coleslaw Mandarin Oranges Milk</p>

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discrimination action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: 1.) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue SW, Washington, D.C., 20250-9410; or 2.) Fax: (833) 256-1665 or (202) 690-7442; or 3.) Email: program.intake@usda.gov. This institution is an equal opportunity provider.

Covington County Schools

K-12 Breakfast Menu----SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**** A Variety of Milk and Condiments are Offered Daily			1 BAGEL W/STRAWBERRY CREAM CHEESE CUP Variety Cereal Fresh Fruit Juice Milk	2 CHOCOLATE CHIP MUFFIN Yogurt String Cheese Fresh Fruit Juice Milk
5 LABOR DAY HOLIDAY NO SCHOOL	6 CINNAMON TOAST BAKED BAR Variety Cereal Fresh Fruit Juice Milk	7 MINI BERRY WAFFLES Variety Cereal Fresh Fruit Juice Milk	8 BREAKFAST PIZZA Yogurt Fresh Fruit Juice Milk	9 BLUEBERRY MUFFIN Variety Cereal Fresh Fruit String Cheese Juice Milk
12 BREAKFAST BURRITO Yogurt Fresh Fruit Juice Milk	13 COLBY CHEESE OMELET Blueberry Pastry Fresh Fruit Juice Milk	14 CHOC. CHIP FRENCH TOAST Yogurt Fresh Fruit Juice Milk	15 BANANA MUFFIN Variety Cereal Fresh Fruit Juice Milk	16 APPLE STRUDEL Yogurt Fresh Fruit String Cheese Juice Milk
19 SAUSAGE BISCUIT Yogurt Fresh Fruit Juice Milk	20 SCRAMBLED EGGS & GRITS Toast w/Grape Jelly Fresh Fruit Juice Milk	21 SAUSAGE & CHEESE BAGEL Yogurt Fresh Fruit Juice Milk	22 MINI MAPLE PANCAKES Variety Cereal Fresh Fruit Juice Milk	23 CHOCOLATE CHIP MUFFIN Variety Cereal Fresh Fruit Juice Milk
26 BAGEL W/STRAWBERRY CREAM CHEESE CUP Variety Cereal Fresh Fruit Juice Milk	27 MINI FRENCH TOAST Yogurt Fresh Fruit Juice Milk	28 CHICKEN BISCUIT Fresh Fruit Juice Milk	29 MINI CINNAMON ROLLS Variety Cereal Fresh Fruit Juice Milk	30 MINI MAPLE WAFFLES Variety Cereal Fresh Fruit Juice Milk

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotype, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: 1.) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue SW, Washington, D.C., 20250-9410; or 2.) Fax: (833) 256-1665 or (202) 690-7442; or 3.) Email: program.intake@usda.gov. This institution is an equal opportunity provider.