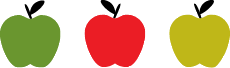
Quitman County Schools

A group of blue snowflakes

Description automatically generated with medium confidence

**QCS: Choice of milk, fruit, carrot sticks, and broccoli florets served with all meals**

**Head Start (HS): Milk and fruit served with all meals Elementary & Middle: Choice of PBJ Sandwich or Pizza or Entrée High School: Choice of Pizza, or Entre, or Pre-Packaged Salads, or PBJ Sandwich**

**M/MA: Meat/Meat Alternate V: Vegetable G: Grain E: Extra**

**Quitman County School district does not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender, gender identity, age, religion, national origin, or disability in its programs, services, or activities -in access to them, in treatment, of individuals, or in any aspect of their operations.**

**Offer Vs. Serve is a USDA approved form meal service established to help decrease plate waste and give more freedom of choice to students.**

**Quitman County Schools utilize Offer Vs. Serve at lunch**

**Menu Subject to Change**

A group of blue snowflakes

Description automatically generated with medium confidenceA group of blue snowflakes

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|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Nutrition Tip:** Include whole grains. Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains. | A group of blue snowflakes  Description automatically generated with medium confidence **Georgia**  **Harvest**  **of The Month**  **Lettuce** |  | A group of blue snowflakes  Description automatically generated with medium confidenceA group of blue snowflakes  Description automatically generated with medium confidence | Grilled Chicken Sandwich M/MA &G  Lettuce & Tomato-V  Chips-G  Yams-V |
| Spaghetti-M/MA & G  Side Salad-V  Steamed Corn-V  Garlic Knots-G | Pork Chops-M/MA  Rice w/Gravy-G  Black-Eye Peas-V  Side Salad-V  Roll-G | Chili Cheese Hotdog  M/MA & G  Potato Wedges-V  Coleslaw-V  Baked Beans-V | Meatloaf Slices-M/MA  Mashed Potatoes-V  Steamed Carrots-V  Side Salad-V  Roll-G | Cheeseburger  M/MA & G  Lettuce & Tomato-V  Chips-G  Green Beans-V |
| Chicken Tenders-M/MA  Mashed Potatoes-V  Corn on the Cob-V  Side Salad-V  Roll-G | Manager’s  Choice | **National Cocoa Day**  Corndog-M/MA & G  Baked Beans-V  Coleslaw-V  Tater Tots-V | Cheese Sticks-M/MA & G  Steamed Broccoli-V  Green Beans-V  Side Salad-V  Marinara Sauce-V | Ham & Cheese Sandwich M/MA & G  Lettuce & Tomato-V  Pasta Salad-G & V  Chips-G Carrot Sticks-V |
| **No School** | **Christmas** | **Holiday** | **Break** | **No School** |
| **No School** | **Christmas** | **Holiday** | **Break** | **No School** |

