

Lowndes County LHS Homestyle

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tenders Asian OR Spicy Chicken Tenders with Southern Roll Mashed Potatoes Green Lima Beans Niblet Corn Steamed Broccoli Salad Brownie-Dave's Fresh Fruit Assorted Juice Assorted Bar B Que Sauce Cup	Teriyaki Chicken Fried Rice Steamed Broccoli Niblet Corn Salad Cookie Fruit Cup Fresh Fruit Assorted Juice Assorted Yum Yum Sauce	Chicken and Rice with Niblet Corn Southern Green Beans Salad Squash Casserole Cookie Fresh Fruit Assorted Juice Assorted	Baked Chicken Thigh OR Baked Chicken Breast with Southern Roll Baked Potato Butter Peas Steamed Broccoli Crispy Okra Salad Cookie Fruit Cup Fresh Fruit Assorted Juice Assorted Bar B Que Sauce Cup Shredded Cheese	Chicken Breast Dill Nu with Southern Roll Steamed Broccoli Niblet Corn Green Lima Beans Garden Peas Sweet Potato Souffle Salad Cookie Fresh Fruit Assorted Juice Assorted Bar B Que Sauce Cup
Chicken Tenders Asian OR Spicy Chicken Tenders with Southern Roll Rice, WG Southern Green Beans Mixed Vegetables Crispy Okra Salad Cookie Brownie-Dave's Fresh Fruit Assorted Juice Assorted Bar B Que Sauce Cup	Chicken Breast Tender with Southern Roll Mashed Potatoes Butter Peas Steamed Broccoli Niblet Corn Salad Cookie Juice Assorted Fruit Cup Fresh Fruit Assorted Bar B Que Sauce Cup	Nachos with Red Beans and Rice Southern Green Beans Niblet Corn Vegetables with Chees Tostitos Cheese Dip Queso Cheese Salad Cookie Fresh Fruit Assorted Juice Assorted	Baked Chicken Breast OR Baked Chicken Thigh with Southern Roll Baked Potato Baked Beans Cole Slaw Niblet Corn Steamed Carrots Salad Cookie Fruit Cup Fresh Fruit Assorted Juice Assorted Bar B Que Sauce Cup Shredded Cheese	Chicken Fajita Mexican Rice Lettuce Tomato Salsa OR Salisbury Steak w/Grav Southern Roll Mashed Potatoes with Steamed Broccoli Baked Beans Niblet Corn Salad Cookie Fresh Fruit Assorted Juice Assorted
Chicken Tenders Asian OR Spicy Chicken Tenders Southern Roll Mashed Potatoes Green Lima Beans Niblet Corn Garden Peas Salad Cookie Brownie-Dave's Fresh Fruit Assorted Juice Assorted Bar B Que Sauce Cup	Teriyaki Chicken Fried Rice Steamed Broccoli Glazed Carrots Butter Peas Niblet Corn Salad Cookie Fruit Cup Fresh Fruit Assorted Juice Assorted Yum Yum Sauce	Chicken and Rice with Niblet Corn Southern Green Beans Salad Cookie Fresh Fruit Assorted Juice Assorted	Baked Chicken Breast OR Baked Chicken Thigh with Southern Roll Baked Potato Squash Casserole Crispy Okra Steamed Broccoli Salad Cookie Fruit Cup Fresh Fruit Assorted Juice Assorted Bar B Que Sauce Cup Shredded Cheese	Chicken Alfredo with Southern Roll Butter Peas Southern Green Beans Niblet Corn Salad Cookie Fresh Fruit Assorted Juice Assorted

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

LHS Homestyle - '1

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Chicken Tenders Asian OR Spicy Chicken Tenders with Southern Roll Rice, WG Southern Green Beans Mixed Vegetables Crispy Okra Salad Cookie Brownie-Dave's Fresh Fruit Assorted Juice Assorted Bar B Que Sauce Cup	Chicken Breast Tender with Southern Roll Mashed Potatoes Butter Peas Steamed Broccoli Niblet Corn Salad Cookie Fruit Cup Fresh Fruit Assorted Juice Assorted Bar B Que Sauce Cup	Italian Spaghetti with Bread Stick Southern Green Beans Niblet Corn Salad Cookie Fresh Fruit Assorted Juice Assorted	Baked Chicken Breast OR Baked Chicken Thigh with Southern Roll Baked Potato Butter Peas Steamed Cabbage Steamed Carrots Salad Cookie Juice Assorted Fruit Cup Fresh Fruit Assorted Bar B Que Sauce Cup Shredded Cheese	Chicken Breast Dill Nu with Southern Roll Steamed Broccoli Niblet Corn Green Lima Beans Garden Peas Sweet Potato Souffle Salad Cookie Fresh Fruit Assorted Juice Assorted Bar B Que Sauce Cup

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