

# Lowndes County Middle School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Burger OR BR Chicken Sandwich OR PB&J Sack Lunch Sliced Apples Juice, Fruit Punch Macaroni&Cheese Southern Green Beans Rice Krispie Treat	Hamburger on Bun OR Chicken Fajita OR PB&J Sack Lunch Banana Juice, Orange Lettuce Tomato Baked Beans French Fries	Chicken Tenders OR Corn Dog OR PB&J Sack Lunch Fruit Mix w/Cherries Juice, Apple Collard Greens Blackeye Peas Cornbread Cookie Bar B Que Sauce Cup	Chicken Breast Dill Nu OR Hot Dog on Bun OR PB&J Sack Lunch Flavored Applesauce Juice, Fruit Punch Steamed Broccoli Baby Carrots Cookie Bar B Que Sauce Cup	Ranchero Pizza OR Spicy Chicken Tenders OR PB&J Sack Lunch Orange Juice, Apple Salad Niblet Corn Pizza Dipping Sauce Bread Stick Cookie Bar B Que Sauce Cup
Cheese Burger OR Fish Sticks Southern Roll OR PB&J Sack Lunch Juice, Fruit Punch Sliced Apples Sunshine Rice Steamed Broccoli Rice Krispie Treat	Italian Spaghetti Bread Stick OR Quesadilla- Cheesiest OR PB&J Sack Lunch Juice, Orange Banana Niblet Corn Southern Green Beans Cookie	Chicken and Rice Southern Roll OR BBQ Sandwich OR PB&J Sack Lunch Diced Peaches Juice, Apple Niblet Corn ORE-IDA Tater Tots Baby Carrots Baked Beans Cookie Bar B Que Sauce Cup	Baked Chicken Breast Southern Roll OR Baked Chicken Thigh OR Hamburger on Bun Doritos OR PB&J Sack Lunch Fruit, Tropical Salad Juice, Fruit Punch Mashed Potatoes Southern Green Beans Bar B Que Sauce Cup	Pepperoni Pizza 5" Wil OR Popcorn Chicken Gold OR PB&J Sack Lunch Orange Juice, Apple Salad Niblet Corn Pizza Dipping Sauce Bread Stick Cookie Bar B Que Sauce Cup
Chicken Tenders OR Cheeseburger OR PB&J Sack Lunch Sliced Apples Juice, Fruit Punch Mashed Potatoes Southern Green Beans Cupcake Bar B Que Sauce Cup	Taco Quesadilla OR Chicken and Noodles Southern Roll OR PB&J Sack Lunch Juice, Orange Banana Steamed Broccoli Baked Beans Rice Krispie Treat	Pepperoni Pizza 5" Wil OR BR Chicken Sandwich OR PB&J Sack Lunch Flavored Applesauce Juice, Apple Niblet Corn Salad Glazed Carrots Southern Green Beans Cookie	Hamburger on Bun Doritos OR Chicken Tenders OR PB&J Sack Lunch Pineapple&Cherries Juice, Fruit Punch Sunshine Rice Blackeye Peas Turnip Greens Cornbread Cookie Bar B Que Sauce Cup	Cheese Pizza Wild Mik OR Spicy Chicken Tenders OR PB&J Sack Lunch Orange Juice, Apple Salad Niblet Corn Southern Green Beans Pizza Dipping Sauce Bread Stick Cookie
BBQ Sandwich Wester OR Corn Dog OR PB&J Sack Lunch Sliced Apples Juice, Fruit Punch Rice, WG Niblet Corn Rice Krispie Treat Bar B Que Sauce Cup	Hamburger on Bun Doritos OR Chicken Alfredo Bread Stick OR PB&J Sack Lunch Banana Juice, Orange Steamed Carrots Steamed Broccoli Purple Hull Peas Cookie	Chicken Breast Dill Nu OR Hot Dog on Bun OR PB&J Sack Lunch Fruity Mix Juice, Apple Baked Beans Cole Slaw French Fries Bar B Que Sauce Cup	Chicken Tenders OR Nachos OR PB&J Sandwich Sliced Apples Juice, Fruit Punch Bean Dip Southern Green Beans Niblet Corn Cheese Dip Tortilla Chips Cookie Bar B Que Sauce Cup	Pepperoni Pizza 5" Wil OR Popcorn Chicken Gold OR PB&J Sack Lunch Orange Juice, Apple Salad Niblet Corn Pizza Dipping Sauce Bread Stick Cookie Bar B Que Sauce Cup

\*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.