



April 2012- Menu for Meigs County Schools

Menu subject to vary - "Eat a balance diet each meal & exercise"

Mon	Tue	Wed	Thu	Fri
<u>Breakfast:</u> Choice of Biscuit, Sausage, Or Yogurt w/graham crackers, Cereal, Toast, Juice, Milk	<u>Breakfast:</u> Choice of Pop Tart or Yogurt w/graham crackers; Or Cereal, Toast, Juice, Milk	<u>Breakfast:</u> Choice of Pancake Sausage on Stick, Or Yogurt w/ graham crackers, Cereal, Toast, Juice, Milk	<u>Breakfast:</u> Choice of Eggs, Bacon, Toast, Or Yogurt w/graham crackers, Cereal, Juice, Milk	<u>Breakfast:</u> Choice of Breakfast Pizza, Or Yogurt w/graham crackers, Cereal, Toast, Juice, Milk
2 Pizza or Toasted Cheese Sandwich Corn Tossed Salad Fruit WG Bread Choice of Milk	3 Spaghetti w/Meat Sauce or Dippers Tossed Salad Baked Veg. Sticks Fruit Texas Toast Choice of Milk	4 Chicken Tenders or Ham Creamed Potatoes Green Beans or Peas Fruit WG Roll Choice of Milk	5 Hamburgers or BBQ Pork Sandwich Oven Fries Fresh Veggies w/Dip Fruit WG Bun Choice of Milk	6 <b style="color: green;">No School Good Friday
9 Pizza or Toasted Cheese Sandwich Corn Tossed Salad Fruit WG Bread Choice of Milk	10 Tacos or Hot Ham & Cheese Sandwich Refried Beans Corn/Rice Salsa, Trimmings Fruit Tortilla Shell or WG Bread Choice of Milk	11 Salisbury Steak Or Chicken Pot Pie Creamed Potatoes Green Beans or Peas Fruit WG Roll/Biscuit Choice of Milk	12 Fish Nuggets or Steak Fingers Macaroni & Cheese Baked Beans Cole Slaw Fruit Texas Toast Choice of Milk	13 Hamburger or Deli Sandwich Trimmings Baked Fries Fruit WG Bun Choice of Milk
16 Pizza or Toasted Cheese Sandwich Corn Tossed Salad Fruit WG Bread Choice of Milk	17 Chicken Nuggets or Sloppy Joes Steamed Broccoli Whole Potatoes Fruit Texas Toast/WG Bun Choice of Milk	18 Chuck Wagon Steak or Hot Ham & Cheese Sandwich Creamed Potatoes Green Beans or Peas Fruit WG Roll Choice of Milk	19 Chili, Cheese, Fritos Or Grilled Chicken Sandwich Carrot Sticks w/dip Baked Hash Browns Fruit WG Bun Choice of Milk	20 Hamburger or Egg Roll Trimming Baked Tater Tots Fruit WG Bun Choice of Milk
23 - <b style="color: red;">TCAP Pizza or Toasted Cheese Sandwich Corn Tossed Salad Fruit WG Bread Choice of Milk	24 - <b style="color: red;">TCAP Tacos or Hot Ham & Cheese Sandwich Refried Beans Corn/Rice Salsa, Trimmings Fruit Tortilla Shell or WG Bread Choice of Milk	25 - <b style="color: red;">TCAP Chicken Tenders or Ham Creamed Potatoes Green Beans or Peas Fruit WG Roll Choice of Milk	26 - <b style="color: red;">TCAP Hamburger or Deli Sandwich Trimmings Baked Fries Fruit / Juice Bar WG Bun Choice of Milk	27 - <b style="color: red;">TCAP Chicken Nuggets or Sloppy Joes Steamed Broccoli Whole Potatoes Fruit Texas Toast Choice of Milk

- Middle School & High School choice of above reimbursable meal or Chef Salad reimbursable meal or Sandwich Line reimbursable meal

