

March 2012 Cont.- 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
26 Pizza or Toasted Cheese Sandwich Corn Tossed Salad Fruit. WG Bread Choice of Milk	27 Chicken Nuggets or Sloppy Joes Steamed Broccoli Whole Potatoes Fruit Texas Toast Choice of Milk	28 Chuck Wagon Steak or Managers Choice Creamed Potatoes Green Beans or Peas Sweet Potatoes and Apples WG Roll Choice of Milk	29 Fish Nuggets or Steak Fingers Macaroni & Cheese Baked Beans Cole Slaw Fruit Texas Toast Choice of Milk	30 Tacos or Deli Sandwich Refried Beans Corn/Rice Salsa, Trimmings Fruit Tortilla Shell or WG Bread Choice of Milk

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

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