

August 2019 - Elam-Alexander Academy Lunch

Bibb County School District - Macon, Georgia - A District Where Every Child is Well Nourished

Menus and nutritional information are available to you online at <http://eatrightbibb.com/?page=menus>

At lunch, students should select milk and a minimum of three meal components - an entrée, a grain, and three of the five fruit and vegetable choices.

Pre-K meals are served with only low fat, unflavored milk.

K-12 students may choose from unflavored 1%, unflavored fat-free, chocolate, or strawberry fat-free milk, or lactose-free milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="font-size: 2em; font-weight: bold; color: red;">— WELCOME —</div> <div style="font-size: 3em; font-weight: bold; color: blue;">BACK TO SCHOOL</div>			1	2
			Chicken & Waffle, PBJ	Cheeseburger, PBJ
			Green Beans, French Fries	Sweet Potato Waffle Fries, Buttered Corn
			Apple-Cherry Juice, Sliced Pears	Orange Juice, Sliced Peaches
5	6	7	8	9
Chicken Tenders, PBJ, Waffle	Beef Enchiladas, PBJ	Chicken Wings, PBJ, Roll	Oven Fried Chicken, PBJ, Roll	Chicken Street Taco, PBJ, Tartar Sauce
Tater Tots, Steamed Broccoli	Sweet Potato Waffle Fries, Shredded Lettuce with Tomato	Vertical Veggies, French Fries	Baked Beans, Green Beans	Glazed Carrots, Side Salad
Fresh Fruit, Sliced Pears	Fresh Fruit, Sliced Peaches	Fresh Fruit, Mixed Fruit	Fresh Fruit, Sliced Pears	Fresh Fruit, Sliced Peaches
12	13	14	15	16
General Tso Chicken with Fried Rice, PBJ, Fried Rice	Old Fashioned Meatloaf, PBJ, Cornbread	Port Carnitas, PBJ	Beef Cheese Nachos, PBJ	Buffalo Chicken Pizza, PBJ
English Peas, Buttered Carrots	Sweet Potato Waffle Fries, Creamed Potatoes	Shredded Lettuce with Tomato, Baked Beans	Salsa, Shredded Lettuce with Tomato	Steamed Broccoli, Tater Tots
Fresh Fruit, Sliced Pears	Fresh Fruit, Sliced Peaches	Fresh Fruit, Mixed Fruit	Fresh Fruit, Sliced Pears	Fresh Fruit, Sliced Peaches
19	20	21	22	23
Chicken & Waffle, PBJ	Oven Fried Chicken, PBJ, Roll	Spaghetti with Meat Sauce, PBJ, Garlic Focaccia Bread	BBQ Plate, PBJ, Roll	Buffalo Chicken Pizza, PBJ
Tater Tots, Steamed Broccoli	Candied Yams, Fresh Collards	Vertical Veggies, French Fries	Sweet Potato Fries, Baked Beans	Juicy Juice Orange Medley, Green Beans
Fresh Fruit, Sliced Pears	Fresh Fruit, Sliced Peaches	Fresh Fruit, Mixed Fruit	Fresh Fruit, Sliced Pears	Fresh Fruit, Sliced Peaches
26	27	28	29	30
General Tso Chicken with Fried Rice, PBJ, Waffle	Old Fashioned Meatloaf, PBJ	Chicken Quesadilla, PBJ, Roll	Glazed Ham with Mac & Cheese, PBJ, Roll	Buffalo Chicken Pizza, PBJ
Tater Tots, Steamed Broccoli	Sweet Potato Waffle Fries, Shredded Lettuce with Tomato	Vertical Veggies, French Fries	Baked Beans, Green Beans	Glazed Carrots, Side Salad
Fresh Fruit, Sliced Pears	Fresh Fruit, Sliced Peaches	Fresh Fruit, Mixed Fruit	Fresh Fruit, Sliced Pears	Fresh Fruit, Sliced Peaches
This institution is an equal opportunity provider.			Menu items may change based on availability.	