

August 2019 - SOAR 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.

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
			1	2
			Chicken & Waffle, Maple Syrup, Corndog	Cheeseburger, Buffalo Chicken Pizza, Cheese Garlic French Bread
			Green Beans, French Fries	Sweet Potato Waffle Fries, Buttered Corn
			Apple-Cherry Juice, Sliced Pears Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Orange Juice, Sliced Peaches Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit
5	6	7	8	9
Chicken Tenders, Double Bibb Burger, Chik Tenders, Cobb Salad, Waffle, Ranch Dressing, Maple Syrup	Beef Enchiladas, Chicken Sandwich, Bean Burrito, Southwestern Chicken Salad, Ranch Dressing	BBQ Plate, All-American Hotdog Cheese Pizza, Chef Salad, Ranch Dressing	Meatloaf with Salsa Gravy, Chicka Boom Sandwich, Chicken Caesar Salad, Roll	Fish Filet, Hot Ham & Cheese Sandwich, Cheese Garlic French Bread, Fiesta Chicken Salad, Roll, Ranch Dressing
Tater Tots, Steamed Broccoli	Sweet Potato Waffle Fries, Shredded Lettuce with Tomato	Vertical Veggies, French Fries	Baked Beans, Green Beans	Salsa & Chips, Fresh Baby Carrots with Dip, Side Salad
Fresh Fruit, Sliced Pears	Fresh Fruit, Sliced Peaches	Fresh Fruit, Mixed Fruit	Fresh Fruit, Sliced Pears	Fresh Fruit, Sliced Peaches
Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit
12	13	14	15	16
General Tso Chicken with Fried Rice, Double Bibb Burger, General Tso Tofu with Fried Rice, Asian Salad, Fried Rice, Chow Mein Noodles, Ranch Dressing	Old Fashioned Meatloaf, Chicken Sandwich, Vegetarian Chili, Cobb Salad, Cornbread, Ranch Dressing	Pork Carnitas, Corndog, Refried Beans on Corn Tortillas, Southwestern Salad, Nacho Chips, Ranch Dressing	Beef Cheese Nachos, Nachos & Cheese, BBQ Chicken Salad, Nacho Chips, Ranch Dressing	Buffalo Chicken Pizza, Cheese Garlic French Bread, Southwestern Chicken Salad, Nacho Chips, Ranch Dressing, Maple Syrup
English Peas, Buttered Carrots	Sweet Potato Waffle Fries, Creamed Potatoes, Gravy	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
Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit
19	20	21	22	23
Chicken & Waffle, All-American Hot Dog, Veggie Chik'n Tenders & Waffle, Chef Salad, Ranch Dressing, Maple Syrup	Oven Fried Chicken, Bibb Burger, Black Bean Burger, Romaine & Spinach Salad, Roll, Ranch Dressing	Spaghetti with Meat Sauce, Spaghetti with Meatless Sauce, Turkey Club Sandwich, Fiesta Chicken Salad, Garlic Focaccia Bread, Ranch Dressing	BBQ Plate, Corn Dog, Very Veggie Ciabatta Sandwich, Caesar Salad, Roll	Buffalo Chicken Pizza, Meatball Sub, Cheese Pizza, Southwestern Chicken Salad, Ranch Dressing
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
Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit
26	27	28	29	30
General Tso Chicken with Fried Rice, Double Bibb Burger, Morningstar Chik Tenders, Cobb Salad, Waffle, Ranch Dressing, Maple Syrup	Old Fashioned Meatloaf, Chicken Sandwich, Bean Burrito, Southwestern Chicken Salad, Ranch Dressing	Chicken Quesadilla, All-American Hotdog, Cheese Pizza, Chef Salad, Roll, Ranch Dressing	Glazed Ham with Mac & Cheese, Chicka Boom Sandwich, Chicken Caesar Salad, Roll	Buffalo Chicken Pizza, Hot Ham & Cheese Sandwich, Cheese Garlic French Bread, Fiesta Chicken Salad, Roll, Ranch Dressing
English Peas, Baked Beans	Buttered Carrots, Steamed Broccoli, Creamed Potatoes	Salsa & Chips, Shredded Lettuce with Tomato	Fresh Collards, Green Beans	Sweet Potato Waffle Fries, Vertical Veggies
Fresh Fruit, Sliced Pears	Fresh Fruit, Sliced Peaches	Fresh Fruit, Mixed Fruit	Fresh Fruit, Sliced Pears	Fresh Fruit, Sliced Peaches
Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit	Yogurt Parfait with Cheese Stick, Granola, Pretzels & Fruit
This institution is an equal opportunity provider.			Menu items may change based on availability.	