

## August 2019 - Headstart 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
— WELCOME —				
BACK TO SCHOOL				
5	6	7	8	9
Chicken Tenders, Waffle, Ranch Dressing	Beef Enchiladas	Chicken Wings, Roll, Ranch Dressing	Oven Fried Chicken, Roll	Chicken Street Taco
Tater Tots, Steamed Broccoli	Sweet Potato Waffle Fries, Shredded Lettuce with Tomato	Vertical Veggies, French Fries	Refried Beans, Green Beans	Glazed Carrots, Side Salad
Sliced Pears	Sliced Peaches	Mixed Fruit	Sliced Pears	Sliced Peaches
12	13	14	15	16
General Tso Chicken with Fried Rice, Fried Rice, Ranch Dressing	Cheeseburger On Bun	PBJ	Chicken Sandwich	Buffalo Chicken Pizza
Steamed Broccoli, Black-eyed Peas	French Fries, Glazed Carrots	Shredded Lettuce with Tomato, Ranch Dressing, English Peas	Lettuce and Tomato, Tater Tots	Lettuce and Tomato, Buttered Corn, Ranch Dressing
Sliced Pears	Sliced Peaches	Mixed Fruit	Sliced Pears	Sliced Peaches
19	20	21	22	23
Chicken & Waffle, Ranch Dressing	Oven Fried Chicken, Roll	Spaghetti with Meat Balls, Garlic Focaccia	BBQ Plate, Roll	Buffalo Chicken Pizza
Tater Tots, Steamed Broccoli	Candied Yams, Fresh Collards	Buttered Corn, Side Salad, Ranch Dressing	Sweet Potato Fries, Lima Beans	English Peas, Steamed Cauliflower
Sliced Pears	Sliced Peaches	Mixed Fruit	Sliced Pears	Sliced Peaches
26	27	28	29	30
General Tso Chicken with Fried Rice, Waffle, Ranch Dressing	Old Fashioned Meatloaf	Chicken Quesadilla, Roll, Ranch Dressing	Glazed Ham with Mac & Cheese, Roll	Buffalo Chicken Pizza
Tater Tots, Steamed Broccoli	Sweet Potato Waffle Fries, Shredded Lettuce with Tomato	Vertical Veggies, French Fries	Refried Beans, Green Beans	Glazed Carrots, Side Salad
Sliced Pears	Sliced Peaches	Mixed Fruit	Sliced Pears	Sliced Peaches
<b>This institution is an equal opportunity provider.</b>			<b>Menu items may change based on availability.</b>	