

October 2016

**Mercer County Schools
Lunch Menu, 9-12**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Fish Sandwich w/ lettuce Oven baked fries Cole slaw Tropical fruit Fresh fruit Assorted, Milk	4 Grilled Chicken Mashed potatoes w/ gravy Green beans Homemade roll Fresh fruit Fruit cup Assorted, Milk	5 Turkey & Cheese Sandwich Broccoli w/ cheese Carrot sticks & dip Doritos Chips Sliced Pears & Fresh fruit Assorted, Milk	6 Chicken Penne Pasta Tossed salad California blend veggies Bread stick Yogurt cup Fresh fruit & Fruit cup Assorted, Milk	7 Pepperoni or Cheese Pizza Baked beans Corn Fruit cup & Fresh fruit Assorted, Milk
10 Hot Dogs w/ Chili Oven baked fries Steamed broccoli Fruit cup Fresh fruit Assorted, Milk	11 <u>Breakfast for Lunch</u> Scrambled eggs Pancakes Sausage & Hash brown Sliced tomatoes Fruit cup & Fresh fruit Assorted, Milk	12 Lasagna Romaine salad Orange-glazed carrots Homemade roll Fresh fruit Fruit cup Assorted, Milk	13 Sliced Ham Mashed potatoes w/ gravy Steamed kale Homemade roll Pineapple & cottage cheese Fresh fruit Assorted, Milk	14 Pork BBQ Sandwich Baked beans Veggies w/ ranch dip Fresh fruit Fruit cup Assorted, Milk
17 Breaded Chicken Tenders & Bread stick Sweet potato fries Green beans Fruit cocktail & Fresh fruit Assorted, Milk	18 Country Fried Steak Mashed potatoes w/ gravy Steamed broccoli Homemade roll Fruit cup & Fresh fruit Assorted, Milk	19 Cheeseburger w/ lettuce & tomato Caesar salad Baked beans Fresh fruit & Fruit cup Assorted, Milk	20 Toasted Cheese Sandwich Taco Soup Celery sticks w/ dip Fresh fruit & Fruit cup Assorted, Milk	21 Spaghetti w/ Meat Sauce & Bread stick Tossed salad Orange-glazed carrots Fresh fruit & Fruit cup Assorted, Milk
24 Beef Burrito w/ shredded cheddar, lettuce & tomato Chips & salsa Refried beans Oranges & Fresh fruit Assorted, Milk	25 Fish Nuggets Cole slaw Sweet corn Hush puppies Peach slices & Fresh fruit Assorted, Milk	26 Mac & Cheese Pinto beans Fresh mixed veggies Corn bread Fresh fruit & Fruit cup Assorted, Milk	27 Grilled Chicken Sandwich w/ lettuce & tomato Potato wedges Green beans Fresh fruit & Fruit cup Assorted, Milk	28 <u>HAPPY BIRTHDAY</u> Pepperoni Cheese Roll Spinach salad Glazed carrots Fresh fruit & Fruit cup Assorted, Milk Chocolate Cake
31 Steak & Cheese Sub w/onions & peppers Tossed salad Green beans Fresh fruit Apple Fruit Pocket Assorted, Milk				

This Institution is an equal opportunity employer and provider.