

ROANE COUNTY SCHOOLS LUNCH MENU

March-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STEAK AND GRAVY CHEESE STICKS/W DIP HOT ROLL STEAMED BROCCOLI WHIPPED POTATOES FRESH FRUIT CHILLED FRUIT CUP *MILK	CHICKEN NUGGETS HAMBURGER SANDWICH HOT ROLL OR BREADSTICK LIMA BEANS VARIETY SPUDS CORN FRESH FRUIT CHILLED FRUIT CUP *MILK	TOASTED HAM & CHEESE SAND CHICKEN FAJITA W/TORTILLA MIXED VEGETABLES FAJITA FIXINGS RICE FRESH FRUIT CHILLED FRUIT CUP *MILK	FISH STICKS CHICKEN SANDWICH HUSH PUPPIES SLAW PINTO BEANS LETTUCE, TOMATO, PICKLE FRESH FRUIT CHILLED FRUIT CUP *MILK	PIZZA TURKEY AND CHEESE ROLLUP QUESADILLA GREEN VEGETABLE CHOICE GARDEN SALAD BAKED POTATO FRESH FRUIT CHILLED FRUIT CUP *MILK
CHICKEN TENDERS PIZZA HOT POCKET HOT ROLL CARROTS VARIETY SPUDS MASHED POTATOES FRESH FRUIT CHILLED FRUIT CUP *MILK	SLICED TURKEY AND GRAVY STEAK SANDWICH HOT ROLL SEASONED GREEN BEANS SWEET POTATOES LETTUCE, TOMATO, PICKLE FRESH FRUIT CHILLED FRUIT CUP *MILK	TACOS BBQ REFRIED BEANS TACO FIXINGS/GARDEN SALAD WHOLE KERNEL CORN FRESH FRUIT CHILLED FRUIT CUP *MILK	CORN DOG HAMBURGER SANDWICH CORN VARIETY SPUDS BAKED BEANS LETTUCE, TOMATO, PICKLE FRESH FRUIT CHILLED FRUIT CUP *MILK	PIZZA CHICKEN NOODLE SOUP WITH HAM & CHEESE SANDWICH CHICKEN PATTY VEGGIE PICK UPS WITH DIP BAKED POTATO FRESH FRUIT CHILLED FRUIT CUP *MILK
CHICKEN NUGGETS HOT DOG SANDWICH CHILI HOT ROLL SEASONED GREEN PEAS SLAW VARIETY SPUDS FRESH FRUIT CHILLED FRUIT CUP *MILK	FISH STRIPS GRILLED CHICKEN SANDWICH HUSH PUPPIES MACARONI AND CHEESE STEAMED BROCCOLI FRESH FRUIT CHILLED FRUIT CUP *MILK	SPAGHETTI WITH MEAT SAUCE QUESADILLA GARLIC TOAST SPICED APPLES SEASONED GREEN BEANS FRESH FRUIT CHILLED FRUIT CUP *MILK	BEEF NACHO GRANDE CORN DOG NUGGETS SEASONED RICE FRESH CARROTS WITH DIP CORN FRESH FRUIT CHILLED FRUIT CUP *MILK	PIZZA TUNA SALAD SANDWICH CHICKEN PATTY TOASTED CHEESE MIXED VEGETABLES GARDEN SALAD BAKED POTATO FRESH FRUIT CHILLED FRUIT CUP *MILK
MEATBALL SUB DELI SANDWICH CHICKEN CASSEROLE SCALLOPED POTATOES SANDWICH FIXINGS GREEN BEANS FRESH FRUIT CHILLED FRUIT CUP *MILK	BAKED CHICKEN CHEESE STICKS/W DIP HOT ROLL STEAMED BROCCOLI WHIPPED POTATOES FRESH FRUIT CHILLED FRUIT CUP *MILK	TACOS PIZZA HOT POCKET CHICKEN FAJITA W/TORTILLA TACO FIXINGS/GARDEN SALAD REFRIED BEANS WITH CHEESE FRESH FRUIT CHILLED FRUIT CUP *MILK	CRISPITO W/CHILI HOT DOG/OR CHILI DOG SANDWICH OKRA VARIETY SPUDS STEAMED CARROTS SLAW FRESH FRUIT CHILLED FRUIT CUP *MILK	PIZZA CHEF SALAD WITH CRACKERS CHEESEBURGER CHICKEN PATTY SEASONED GREEN PEAS VEGGIE PICK UPS WITH DIP FRESH FRUIT CHILLED FRUIT CUP *MILK
CHICKEN FAJITA W/TORTILLA TOASTED HAM & CHEESE SAND. MIXED VEGETABLES FAJITA FIXINGS RICE FRESH FRUIT CHILLED FRUIT CUP *MILK	CORN DOG BBQ SANDWICH BAKED BEANS VARIETY SPUDS CORN FRESH FRUIT CHILLED FRUIT CUP *MILK	LASAGNA CHEESE STICKS W/DIP HOT ROLL STEAMED BROCCOLI GARDEN SALAD FRESH FRUIT CHILLED FRUIT CUP *MILK		

In accordance with Federal law and USDA policy this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

Meat/Meat Alternate
Vegetable and/or Fruit
Bread/Bread Alternate
*Milk (a variety of low fat milk choices)

2 ounces/day
3/4 cup serving/day
8 servings/week
1/2 pint/day