

Coweta Schools
Middle Lunch
(1/3 RDA) : Grade 6-8
August 2009

Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 3	Aug - 4	Aug - 5	Aug - 6	Aug - 7 Cheeseburger or Chicken Sandwich Lettuce & Tomato French Fries Dill Pickle Spear Pasta Salad Fresh Fruit Milk Mayonnaise packet Ketchup Mustard pk.
Aug - 10 Chicken Tenders Roll Mashed Potatoes Baby Lima Beans Ketchup Fruit Choice Juice Bar Milk or Country Fried Steak	Aug - 11 Crispy Fish Sandwich or Chef Salad w/crackers French Fries English Peas Pasta Salad Dill Pickle Spear Apple Crisp Tartar Sauce Ketchup Milk	Aug - 12 Taco Sour Cream ind. pk. Shredded Mozzarella Chesse or Corn Dog Lettuce & Tomato Refried Beans Corn Niblets Chilled Fruit Choice Mustard pk. Ketchup Iced Cake Milk	Aug - 13 Country Fried Steak or Roast Beef Buttered Rice Brown Gravy Field Peas Pear Salad Roll Fruit Choice Milk	Aug - 14 Bar-B-Que Chicken Bar B Q Sauce or Ham Slice Macaroni & Cheese Corn on the Cob Green Beans Roll Fruit Juice Choice Fresh Fruit Milk
Aug - 17 Sloppy Joe on Bun or Chicken Salad w/Crack Potato Rounds Carrot Strips w/ Dip Applesauce Pudding Pop Milk	Aug - 18 Hamburger or Chicken Faititas French Fries Lettuce & Tomato Glazed Carrots Chilled Fruit Choice P'nut Butter Grahams Milk Ketchup Mustard pk. Sour Cream ind. pk.	Aug - 19 Fish Sticks Ketchup Tartar Sauce or Mac & Cheese w/Ham Blackeyed Peas Carrot Strips w/ Dip Cornbread Fruit Choice Fruit Juice Choice Milk	Aug - 20 Chicken Ala King Buttered Rice Green Beans Roll Jello Fruit Juice Choice Fruit Choice Milk or Wrap(Ham & Cheese)	Aug - 21 Meat Loaf or PBJ & Yogurt Mashed Potatoes English Peas Roll, parker house Fruit Juice Choice Fruit Choice Applesauce Cake Milk Ketchup
Aug - 24 Spaghetti w/Meat Sauc or Grilled Chicken Nugget bar-b-que sauce Cattle Tossed Salad Green Beans with New Potatoes Texas Toast Fruit Choice Milk	Aug - 25 Chicken Sandwich or Steak Sandwich Potato Rounds Field Peas Cowboy Cookies Mustard pk. Mayonnaise packet Ketchup Chilled Fruit Choice Milk	Aug - 26 "Breakfast for Lunch" Blueberry Pancake Pu Scrambled Eggs Cereal Buttery Grits Fruit Choice Fruit Juice Choice Cinnamon Rolls Milk Syrup	Aug - 27 Rib-B-Que Sandwich or Chef Salad w/crackers Chips Baked Beans Carrot Strips w/ Dip Fruit Juice Choice Chilled Fruit Choice Milk	Aug - 28 Ham Sandwich or Cheese Bread Sticks with Salsa Baked Potato Sour Cream ind. pk. margarine Seasoned Carrots Seasoned Corn Fruit Choice Milk Snickerdoodles

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Coweta Schools
Middle Lunch
(1/3 RDA) : Grade 6-8
August 2009

Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 31 Pizza or Tuna Salad Sandwich Tossed Salad Green Beans Fruit Choice Chocolate Pudding Milk				