

## AUGUST 2023 – LUNCH MIDDLE SCHOOLS

Fresh Fruit, Fruit Cup and/or 100% Fruit Juice are offered at each meal. Assorted milk served daily.

Offer Vs Serve – Must have 3 different components, at least ½ cup fruit or vegetable. May have meat and grain, 2 veggies, fruit, milk

This institution is an equal opportunity provider.

Menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Georgia grown and locally sourced products and ingredients are offered regularly	Learn more about Richmond County's Wellness Plans & how to participate at <a href="https://rcboe.org">Nutrition Services / Wellness Policy (rcboe.org)</a>			
7 Hamburger with Fixins Cheesy Bread with Marinara Ham Sub with Fixins Seasoned Corn Fresh Veggies with Dip	8 Chicken Alfredo & Breadstick Pepperoni Pizza Manager's Choice Roasted Carrots Cucumber with Dip	9 Wings with Roll Mac & Cheese with Breadstick BBQ Sandwich Ranch Broccoli Sweet Potato Souffle	10 Chicken Tenders & Breadstick Cheese Pizza Turkey Sub with Fixins Mashed Potatoes & Gravy Baked Beans	11 Corn Dog Pizza Bites with Marinara Manager's Choice Seasoned Green Beans Crinkle Cut Fries
14 French Bread Pepperoni Pizza PBJ Sandwich Hawaiian Meatballs with Rice Seasoned Fries Fresh Veggies with Dip	15 Chicken Nuggets with Roll Spaghetti Hot Ham and Cheese Sandwich Crisp Garden Salad Sweet Potato Fries	16 BBQ Sandwich Bento Box Manager's Choice Glazed Yams Cucumber and Tomato Salad	17 Nachos Supreme Cheese Quesadilla Southern Style Chicken Sandwich Cheesy Bean Dip Seasoned Corn	18 Hot Dog Cheese Pizza Manager's Choice Celery with Dip Curly Fries
21 Shepard's Pie with Roll Manager's Choice 4 Meat Pizza Crisp Garden Salad Sweet Potato Fries	22 BBQ Tacos Southwest Chicken Salad with Roll 3 Cheese Garlic Bread Pizza Baked Beans French Fries	23 Asian Chicken with Rice Cheeseburger with Fixins PBJ Fresh Veggies and Dip Manager's Choice Vegetable	24 Chicken Curry with Rice Bento Box Manager's Choice Glazed Carrots Cucumber Salad	25 Sausage Dog Italian Sub with Fixins Pepperoni Pizza KFC Style Coleslaw Seasoned Fries
28 Hamburger with Fixins Cheesy Bread with Marinara Ham Sub with Fixins Seasoned Corn Fresh Veggies with Dip	29 Chicken Alfredo & Breadstick Pepperoni Pizza Manager's Choice Roasted Carrots Cucumber with Dip	30 Wings with Roll Mac & Cheese with Breadstick BBQ Sandwich Ranch Broccoli Sweet Potato Souffle	31 Chicken Tenders & Breadstick Cheese Pizza Turkey Sub with Fixins Mashed Potatoes & Gravy Baked Beans	