

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