

SEPTEMBER 2022 – LUNCH ELEMENTARY MIDDLE AND K8 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 Nutrition Services / Wellness Policy (rcboe.org)		1 Nachos Supreme Cheese Quesadilla Cheesy Bean Dip Seasoned Corn	2 Hot Dog Grilled Cheese Celery w/ Dip French Fries
5 Holiday	6 Student Learn from Home Day	7 Hamburger w/ Fixins' Mac & Cheese w/ Breadstick Sweet Potato Soufflé Fresh Veggies w/ Dip	8 Chicken Tenders w/ Roll French Bread Pizza Baked Beans Mashed Potatoes w/ Gravy	9 Corn Dog Hot Ham and Cheese Sandwich PBJ Sandwich Seasoned Green Beans French Fries
12 Southern Chicken Sandwich French Bread Pizza PBJ Sandwich Seasoned Fries Fresh Veggies w/ Dip	13 Cheese Pizza Chicken Nuggets w/ Roll Club Sub w/ Fixins' Crisp Garden Salad Sweet Potato Fries	14 BBQ Sandwich Manager's Choice Bento Box Glazed Yams Cucumber and Tomato Salad	15 Nachos Supreme Cheese Quesadilla Cheesy Bean Dip Seasoned Corn	16 Hot Dog Grilled Cheese Celery w/ Dip French Fries
19 Beef Burrito Bowl Grilled Cheese Sandwich Fresh Veggies w/ Dip Seasoned Corn	20 Chicken Pot Pie w/ Biscuit Manager's Choice PBJ Sandwich Baby Carrots w/ Dip Sliced Cucumbers w/ Dip	21 Hamburger w/ Fixins' Mac & Cheese w/ Breadstick Sweet Potato Soufflé Fresh Veggies w/ Dip	22 Chicken Tenders w/ Roll French Bread Pizza Baked Beans Mashed Potatoes w/ Gravy	23 Corn Dog Hot Ham and Cheese Sandwich PBJ Sandwich Seasoned Green Beans French Fries
26 Southern Chicken Sandwich French Bread Pizza PBJ Sandwich Seasoned Fries Fresh Veggies w/ Dip	27 Cheese Pizza Chicken Nuggets w/ Roll Club Sub w/ Fixins' Crisp Garden Salad Sweet Potato Fries	28 BBQ Sandwich Manager's Choice Bento Box Glazed Yams Cucumber and Tomato Salad	29 Nachos Supreme Cheese Quesadilla Cheesy Bean Dip Seasoned Corn	30 Hot Dog Grilled Cheese Celery w/ Dip French Fries