

## SEPTEMBER 2023 – LUNCH HIGH 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://www.rcboe.org/nutrition-services/wellness-policy">Nutrition Services / Wellness Policy (rcboe.org)</a>			1 Corn Dog Pizza Bites with Marinara Manager's Choice Seasoned Green Beans Crinkle Cut Fries
4 Student Holiday	5 Asynchronous Learning Day	6 Kickin' Chicken Sandwich Bento Box Manager's Choice Glazed Yams Cucumber and Tomato Salad	7 BBQ Nachos Cheese Quesadilla Combo Sub with Fixins Cheesy Bean Dip Seasoned Corn	8 Hot Dog Cheese Pizza Manager's Choice Celery with Dip Curly Fries
11 Shepard's Pie with Roll Manager's Choice 4 Meat Pizza Crisp Garden Salad Sweet Potato Fries	12 BBQ Tacos Southwest Chicken Salad 3 Cheese Garlic Bread Pizza Baked Beans French Fries	13 Asian Chicken with Rice Cheeseburger with Fixins PBJ Fresh Veggies and Dip Manager's Choice Vegetable	14 Chicken Curry with Rice Bento Box Manager's Choice Glazed Carrots Cucumber Salad	15 Sausage Dog Italian Sub with Fixins Pepperoni Pizza KFC Style Coleslaw Seasoned Fries
18 Hamburger with Fixins Cheesy Bread with Marinara Ham Sub with Fixins Seasoned Corn Fresh Veggies with Dip	19 Chicken Alfredo & Breadstick Pepperoni Pizza Manager's Choice Roasted Carrots Cucumber with Dip	20 Wings with Roll Chef Salad with Roll BBQ Sandwich Ranch Broccoli Sweet Potato Souffle	21 Chicken Tenders & Breadstick Cheese Pizza Turkey Sub with Fixins Mashed Potatoes & Gravy Baked Beans	22 Corn Dog Pizza Bites with Marinara Manager's Choice Seasoned Green Beans Crinkle Cut Fries
25 French Bread Pepperoni Pizza PBJ Sandwich Hawaiian Meatballs with Rice Seasoned Fries Fresh Veggies with Dip	26 Chicken Nuggets with Roll Spaghetti with Breadstick Hot Ham and Cheese Sandwich Crisp Garden Salad Sweet Potato Fries	27 Kickin' Chicken Sandwich Bento Box Manager's Choice Glazed Yams Cucumber and Tomato Salad	28 BBQ Nachos Cheese Quesadilla Combo Sub with Fixins Cheesy Bean Dip Seasoned Corn	29 Hot Dog Cheese Pizza Manager's Choice Celery with Dip Curly Fries