


Allen Parish School Board - SEPTEMBER 2018

Revised 6/2018

L U N C H M E N U S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Week 2b 3 	4 Chili or Chili Mac Cornbread/Rice Sliced Carrots Mexican Beans Strawberries Apricot Halves	5 Braised Pork Rice with Gravy Whole Wheat Roll Sweet Potatoes Lima Beans Melon Cup Diced Pears	6 Meatloaf with Gravy Cornbread Mashed Potatoes Steamed Corn Fresh Banana Applesauce	7 Grilled Chicken on a WW Bun Mayo/Mustard/Catsup Sandwich Cup Sweet Potato Fries Fruit Cocktail Sliced Peaches
	Week 3 10 Chicken Nuggets & Catsup Mac & Cheese Whole Kernel Corn Seasoned Green Beans Diced Pears Fresh Apple/Grape Cup	11 Chicken/Sausage Jambalaya Cornbread/Bread Stick Seasoned Blackeye Peas Steamed Broccoli Fresh Strawberries Apricot Slices	12 BBQ Rib Pattie on Whole Wheat Bun Sandwich Cup Baked Beans Blueberries Pineapple Tidbits	13 Beef Nachos with Cheese Whole Grain Tortilla Chips + Cinnamon Sugar Cookie Mexican Beans Lettuce/Tomato Cup Salsa Fresh Banana Raisin Cup	14 <h2 style="text-align: center;">FAIR DAY</h2>
	Week 1 17 Breaded Chicken Breast Italian Bread (WW) Mashed Potatoes/Gravy Steamed Broccoli Sliced Peaches Applesauce	18 Pepperoni or Cheese Pizza Garden Salad with Dressing Steamed Corn Fresh Orange Slices Diced Pears	19 Pasta with Meat Sauce Chewy Whole Wheat Breadsticks Steamed Carrots Vegetable Medley Melon Cup Fruit Cocktail	20 Turkey or Pork Roast Rice & Gravy Cornbread or Cookie Sweet Potatoes Baked Beans Fresh Apple Wedges Pineapple Cup	21 Juicy Hamburger or BBQ Rib Burger with Mayo/Mustard/Catsup Crispy Sweet Potato Fries Sandwich Cup Fresh Strawberries Apricot Halves
	Week 2 24 Crispy Fish Pattie Whole Wheat Roll Scalloped Potatoes Steamed Green Beans Mandarin Oranges Fruit Cocktail	25 Red Beans & Sausage Steamed Rice Cornbread/Whole Wheat Roll Seasoned Mustard Greens Sweet Peas Raisin Cup Applesauce	26 Chicken Spaghetti Italian Bread (WW) Steamed Broccoli Steamed Carrots Melon Cup Diced Pears	27 Beef or Chicken Burrito or Taco Taco Salad Cup w/ Dressing Mexican Beans Fresh Fruit Cup Sliced Peaches Salsa	28 Grilled Cheese Sandwich or Egg Roll Spicy Vegetable Soup Pineapple Rings Fresh Apple Wedges

