

September 2019

EUFAULA HIGH SCHOOL

LUNCH



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL!

2

Chicken Fajitas
Beans/corn
Chips/Salsa
Fruit
Milk
Salad Bar

3

Chicken Pot Pie
Roasted Carrots
Fruit
Milk
Salad Bar

4

Steak Fingers/Gravy
French Fries
Peas
Fruit
Milk
Salad Bar

5

Pizza
Cesar Salad
Broccoli
Fruit
Milk
Salad Bar

6

Sloppy Joe
Baked Beans
Roasted Carrots
Fruit
Milk
Salad Bar

9

Chicken Alfredo
Bread stick
Green Beans
Fruit
Milk
Salad Bar

10

Italian Chicken Sub
Chips
Broccoli
Fruit
Milk/Salad Bar

11

Hamburger Patty
Mashed Potatoes/Brown Gravy
Dinner Roll
Fruit
Milk
Salad Bar

12

Corn Dog
Sweet Potato Fries
Broccoli
Fruit
Milk
Salad Bar

13

Ravioli
Carrots
Breadstick
Fruit
Milk
Salad Bar

16

Beef Taco
Spanish Rice/Beans
Chips/Salsa
Fruit
Milk
Salad Bar

17

Buffalo Chicken Wrap
Tater Tots
Pork n Beans
Fruit
Milk
Salad Bar

18

Country Fried Steak
Mashed Potatoes/Gravy
Dinner Roll
Green Beans
Fruit
Milk/Salad Bar

19

NO SCHOOL!

20

Pizza Pasta
Green Beans
Breadstick
Fruit
Milk
Salad Bar

23

Nacho Bar
Queso/Beef/Beans
Chips/Salsa
Fruit
Milk
Salad Bar

24

BBQ Sandwich
Tater Tots
Carrots
Fruit
Milk/Salad Bar

25

Chicken Burrito Bowl
Chili Beans
Chips/Salsa
Fruit
Milk/Salad Bar

26

Cheeseburger
Chips
Broccoli
Fruit
Milk
Salad Bar

27

Little Smokies
Mac & Cheese
Capri Vegetable
Breadstick
Fruit
Milk/Salad Bar

30

