

ZHS September 2017

Mon

Tue

Wed

Thu

Fri

				1 Jambalaya White Beans Cabbage Tossed Salad Fruit Choice Cornbread
4 No School	5 Beefy soft/hard Taco Refried Beans Corn Lettuce and Tomato Cup Fruit choice Salsa, Jalapenos, and Sour Cream	6 Meatloaf Mashed Potatoes Peas Tossed Salad Fruit Choice Rolls	7 Gumbo Rice Potato Salad Seasoned Greens Fruit Choice Crackers	8 Fish Scalloped Potatoes Seasoned Green Beans Tossed Salad Fruit Choice Rolls
11 Chicken Tenders Mac and Cheese Sweet Potatoes Broccoli Fruit Choice Rolls	12 Red Beans and Sausage Rice Seasoned Green Beans Tossed Salad Fruit Choice Cornbread	13 Chicken Fajitas Spanish Rice Corn Cobbetts Tossed Salad Lettuce and Tomato Cup Fruit Choice	14 Pastalaya White Beans Cabbage Tossed Salad Rolls/Cornbread Fruit Choice	15 Chili Dog/Bun Tator Tots Tomato and Cucumber Salad Tossed Salad Fruit Choice
18 Salisbury Steaks and Gravy Mashed Potatoes Carrot Coins Tossed Salad Fruit Choice Rolls	19 Chicken and Sausage (Chicken gravy) Rice California blend Vegetables Tossed Salad Pineapples	20 Ground Beef Spaghetti Spinach Tossed Salad Fruit Choice Roll	21 Baked/BBQ Chicken Roasted Potatoes Tomato and Cucumber salad Tossed Salad Fruit Choice Rolls	22 BBQ Sandwich on Bun Baked Beans Tossed Salad Fruit Choice
25 Meatball Subs Tator Tots Tossed Salad Fruit Choice	26 Red Beans and Sausage Rice Seasoned Green Beans Tossed Salad Fruit Choice Cornbread	27 Chicken and Sausage FettiPasta Peas Tossed Salad Fruit Choice Rolls	28 Beefy Nachos Refried Beans Corn Lettuce and Tomato Cup Fruit choice Milk choice Salsa, Jalapenos, and Sour Cream	29 Gumbo Rice Potato Salad Seasoned Greens Fruit Choice Crackers