

Turkey Roast w/gravy

Ham and Cheese Hoagie, Creamed Potatoes w/gravy, Cabbages, Steamed Broccoli, Cornbread

Fruit

Milk

Meatloaf

Hamburger Steak

Scalloped Potatoes

Steamed Broccoli

Roll

Fruit

Milk

Cheeseburger

Chicken Salad

Spicy Fries

Baked Beans

Fruit

Milk

Beefy Nacho Grande w/chips & salsa

Grilled Chicken Sandwich Green Salad

Steamed Broccoli

Fruit

Milk

Chicken Fajita or Soft Taco

Stir Fried Rice,

Broccoli w/cheese

Whole Kernel Corn

Fruit

Milk

“This institution is and equal opportunity provider.”

Chicken Tenders

Macaroni and cheese

Green Beans

Glazed Carrots

Roll

Fruit

Milk

Professional Development

Menus are subject to change due to product availability

Boneless Buffalo Wings Mandarin Chicken

Brown Rice, Green Beans, Roll

Fruit

Milk

Chicken Tenders

Chicken Salad w/croissant

English Peas

Tossed Salad

Roll

Fruit

Milk

BBQ Chicken

Assorted Salads

Mashed Potatoes

Turnip Greens, Yams

Cornbread

Fruit

Milk

Red Beans & Rice w/sausage

Green Beans

Corn

Garlic Toast

Assorted Salads

Fruit

Milk

John Wayne Casserole

Grilled Chicken Sandwich

Lima Beans, Mixed Vegetables, Sweet Potato Casserole

Roll

Fruit

Milk

Chicken Spaghetti

Chef Salad

Black Eyed Peas

Corn, Squash

Garlic Toast

Fruit

Milk

Steak Tenders

Chicken Sandwich

Sweet Potatoes (Yams)

Green Beans

Roll

Fruit

Milk

Cheesy Chicken over Rice

Chef Salad

Sweet Peas

Glazed Carrots

Roll

Fruit

Milk

Baked Chicken

Chef Salad

Creamed Potatoes w/gravy, Turnip Greens

Cornbread

Fruit

Milk

Spaghetti

Baked Potato w/trimmings

Corn on the Cob

Green Beans

Garlic Toast or Crackers, Fruit

Milk

Baked Pork Chop

Chicken Salad w/croissant, Lima Beans, Yams,

Roll

Fruit

Milk

Hamburger Steak

Creamed Potatoes w/gravy, Squash, Sweet Peas

Roll

Fruit

Milk

**AUGUST 2022**

*Kemper County High/Middle School*

Professional Development

Professional Development

Shepherd’s Pie

Steak Fingers

Black-eyed Peas,

Creamed Corn

Cornbread

Fruit

Milk

Cheeseburger w/trimmings Turkey Hoagie

Spicy Fries, Baked Beans

Assorted Salads

Fruit

Milk