

September 2020

Holmes County High School

LUNCH



School Information: Type your school information here.



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

Chicken Sandwich
French Fries
Lettuce/Tomato
Fruit

1

Quesadilla
Corn
Side Salad with Ranch Dressing
Fruit
Cookie

2

Egg Rolls
Rice
Green Beans
Fruit

3

Cheesy Chicken
Tortilla Chips
Black Beans
Side Salad with Ranch Dressing
Fruit
Pudding

4

Chicken Nuggets
Mashed Potatoes
Green Beans
Roll
Fruit

7

Hamburger
Fries
Lettuce/Tomato
Fruit

8

Cheesy Hamburger Dip
Corn
Side Salad with Ranch Dressing
Chips
Fruit
Cookie

9

Chicken & Noodles
Green Peas
Fresh Broccoli with Ranch Cup
Rolls
Fruit
Pudding

10

Corn Dog
Macaroni & Cheese
Baked Beans
Carrot Sticks with Ranch Cup
Fruit

11

14

15

16

17

18

21

22

23

24

25

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29

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