

ROANE COUNTY SCHOOLS LUNCH MENU
AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FIRST IWC DELIVERY MANDATORY CLEANING DAY MANAGERS + ALL STAFF	FIRST PRODUCE & MILK DELIVERY MANAGERS ONLY	HARVEST OF THE MONTH: WATERMELON ADMINISTRATIVE DAY OFF	ADMINISTRATIVE DAY OFF	HALF DAY FOR STUDENTS MANAGERS + 1-2 FT STAFF BREAKFAST SERVED NO LUNCH SERVED SUMMER DEBRIEF MEETING 1-3 PM CENTRAL OFFICE
CHICKEN NUGGETS - 17963 GRAB & GO ENTRÉE SALAD ROLL-8140 BATTER BITES -3576 CARROT STICKS W/ RANCH DIP FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK	TERIYAKI NUGGETS - 5176 ORANGE CHICKEN -18594 ENTRÉE SALAD EGG ROLL-19777 ORIENTAL RICE - 6802 (recipe) SEASONED PEAS - 3422 FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK	COUNTRY FRIED STEAK & GRAVY - 15179 & 1920 CHICKEN SANDWICH -14414 ENTRÉE SALAD ROLL-8140 WHIPPED MASH POTATOES - 38740 SOUTHERN STYLE GREEN BEANS - 7534 (RECIPE) FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK	CRISPITO-15067 HOT DOG ON BUN - 4601 ENTRÉE SALAD HOMEMADE CHILI (RECIPE) GARDEN FRESH SLAW (RECIPE) FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK	PIZZA LOADED BAKED POTATO (HAM, CHEESE, SOUR CREAM) BREADSTICK-11607 ENTRÉE SALAD LEAFY GREEN SALAD BUTTERED CORN -3356 (RECIPE) FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK
HAMBURGER ON A BUN GRAB & GO ENTRÉE SALAD LETTUCE, TOMATO, PICKLE FRIES FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK Bun- 17830 - ORDER HEAD LETTUCE	POPOORN CHICKEN - COMMODITY OR 14640 BBQ RIB SANDWICH - 2048 ENTRÉE SALAD BREADED OKRA - 3294 SOUTHERN STYLE GREEN BEANS (RECIPE) FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK	CALZONE - 15878 OR 15879 CHICKEN ALFREDO W/DICED CHICKEN (RECIPE) ENTRÉE SALAD BREADSTICK - 11607 LEAFY GREEN SALAD STEAMED CARROTS - 3370 (RECIPE) WATERMELON SLICES CHILLED FRUIT OPTION *MILK	CHICKEN TENDERS - 19790 FISH - 4031 ENTRÉE SALAD HUSHPUPIES VS CORNBREAD - 3575 PINTO BEANS - 7390 (RECIPE) TURNIP GREENS 7584 (RECIPE) FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK	PIZZA CORN DOG-4670 ENTRÉE SALAD STEAMED BROCCOLI -3326 VEGGIE PICK UPS W/ DIP FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK
CHICKEN SANDWICH - 14414 GRAB & GO ENTRÉE SALAD TATER TOTS - 3614 CARROT STICKS W/ DIP FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK Bun-17830	SPAGHETTI W/ MEAT SAUCE (RECIPE) BUFFALO CHICKEN WRAP (RECIPE) ENTRÉE SALAD BREADSTICK - 11607 SIDE SALAD STEAMED CARROTS-3370 (Recipe) FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK	BEEF TACOS (RECIPE) CHICKEN FAJITAS WRAP (RECIPE) ENTRÉE SALAD MEXICAN RICE (RECIPE) RANCHERO BEANS - 13801 FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK	CHICKEN & WAFFLES- CHIX-19790/3792 CHEESE STICKS W/ DIP - 5029 ENTRÉE SALAD SPICED APPLES - 906 (RECIPE) BATTER BITES -3589 FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK	PIZZA CRISPY CHICKEN WRAP W/SHREDDED CHEDDAR(19790) ENTRÉE SALAD LEAFY GREEN SALAD BUTTERED CORN -(3356) RECIPE FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK
CORNDOG NUGGETS - 2047 GRAB & GO ENTRÉE SALAD POTATO WEDGES - 3589 STEAMED VEGETABLE MEDLEY-3444 FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK	CHICKEN DRUMSTICK- 4468 PULLED PORK BBQ 4974 ENTRÉE SALAD BISCUIT BAKED BEANS -7710 (RECIPE) MACARONI AND CHEESE -(RECIPE) FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK	CHICKEN PARMESAN - COMMODITY OR 14414 HAM & CHEESE CROISSANT - 11574 (RECIPE) ENTRÉE SALAD BREADSTICK - 11607 SOUTHERN STYLE GREEN BEANS (RECIPE) SPICED APPLES (RECIPE) WATERMELON SLICES CHILLED FRUIT OPTION *MILK	HONEY BBQ SMACKERS - 14640 (RECIPE) PIZZA SUB W/ HAM & PEPPERONI(RECIPE) ENTRÉE SALAD ROLL -8140 WHIPPED MASHED POTATOES BUTTERED CORN - 3356 (RECIPE) FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK	PIZZA BBQ PORK NACHOS (RECIPE) ENTRÉE SALAD STEAMED BROCCOLI - 3326 (RECIPE) VEGGIE PICK UPS W/ DIP FRESH FRUIT SELECTION CHILLED FRUIT OPTION *MILK

This institution is an equal opportunity provider.

Meat/Meat Alternate
Vegetable
Fruit
Bread/Bread Alternate
*Milk (a variety of low fat milk choices)

Grades K - 5
1 ounces/day (8-10 ounces/week)
3/4 cup serving/day
1/2 cup serving/day
1 per day (8-9 per/week)
1/2 pint/day

Grades 6 - 8
1 ounces/day (9-10 ounces/week)
3/4 cup serving/day
1/2 cup serving/day
1 per day (8-10 per/week)
1/2 pint/day

Grades 9 - 12
2 ounces/day (10-12 ounces/week)
1 cup serving/day
1 cup serving/day
2 per day (10-12 per/week)
1/2 pint/day