

Overton County Schools



SEPTEMBER 2013



MONDAY

Labor Day

2

No School

Pizza(15745)

9

Or
PB&J sandwich
Or

Chicken nuggets/roll
Whole kernel corn
Tossed salad
Fries
Applesauce
Orange, milk

Corndogs

16

Or
Grilled ham/cheese
Or
Chicken nuggets/roll
Pinto beans
Turnip greens
Fries , Cornbread
Pineapple chunks
Fresh fruit, milk

Pizza (15750)

23

Or
Fish scribblers
Hushpuppies
Or

Chicken nuggets/roll
Mixed beans
Scalloped potatoes
Fresh fruit, milk
Tropical fruit salad

Corndogs

30

Or
Grilled ham/cheese
Or
Chicken nuggets/roll
Pinto beans
Turnip greens
Fries , Cornbread
Pineapple chunks
Fresh fruit, milk

TUESDAY

French bread pizza

3

Or
Hotdog
Or
Mozzarella cheese sticks
Fries
Tossed salad
Fresh fruit
Applesauce
milk

Baked ham

10

Or
Chicken nuggets
Or
Mozzarella cheese sticks
Creamy mashed potatoes
Green peas
Tropical fruit salad
Fresh fruit
Roll

meatball sub

17

or
hot dog
or
Mozzarella cheese sticks
fries
peaches
corn
frozen juice bars
milk

chicken strips

24

or
chef salad
or
Mozzarella cheese sticks
green peas
creamy mashed potatoes
juice bar
orange halves
roll,milk

WEDNESDAY

Baked ziti/garlic bread

4

Or
Ham/cheese sandwich
Or
pizza
Cooked carrots
Fresh veggies with dip
Garlic toast
Fresh fruit
Tropical fruit, milk

Taco salad

11

Or
Turkey cheese sandwich
Or
pizza
Refried beans
Oven baked fries
Frozen juice
milk

Baked ziti/garlic bread

18

Or
Turkey cheese sandwich
Or
pizza
Green beans
Whole kernel corn
Fresh fruit
Pear halves
Fresh veggies/dip,milk

BBQ rib Hoagie

25

Or
Hot dog
Or
pizza
Baked beans
Cole slaw
Fries
Pears, milk

THURSDAY

Chicken sandwich

5

Or
PB&J sandwich
Or
Meat trio sub
Fries
Canned pears
Frozen juice bars
milk

Chicken sandwich

12

Or
Ham/cheese sandwich
Or
Meat trio sub
Sandwich trimmings
Steamed california blend
Fries
Fresh fruit
Pears

Steak /gravy

19

Or
Chicken casserole
Or
Meat trio sub
Creamy mashed potatoes
Cooked carrots
Creamy cole slaw
Green peas, roll
Banana delight, milk

taco salad

26

or
ham/cheese sandwich
or
meat trio sub
refried beans
fries
pineapples
fresh fruit
milk

FRIDAY

cheeseburger

6

or
chef salad
or
chicken poppers/roll
sandwich trimmings
baked beans
fries
fruit
milk

grilled cheese

13

or
chef salad
or
chicken poppers/roll
beefy veggie soup
fresh carrots/dip
fresh apples/caramel
pineapple chunks
milk

chicken parmesan

20

or
chef salad
or
chicken poppers/roll
roll
lima beans
mashed potatoes
fresh fruit
cookie, milk

chicken fajita

27

or
cheeseburger
or
chicken poppers/roll
sandwich trimmings
baked beans
fries
fresh fruit
cookie
milk

A La Carte

Snack Items: \$.75
Fresh fruit: \$.50
Extra entrée item: 1.25
Extra milk: \$.50
Small water: \$.75
Large water: \$1.00

A La Carte items
cannot be charged to
accounts.

Charges are limited to
5 credits

School News

"USDA is an equal opportunity provider
and employer."

DID YOU KNOW?

September comes from the Latin words septem, meaning seven and septimus, meaning seventh. In ancient Rome, September was the seventh month of the year.