

OCTOBER 2022

Poplarville Upper Elementary

Monday

Chicken Alfredo
BBQ Rib Hoagie
Lima Beans
Corn
Fruit/Fruit Juice
Texas Toast
Assorted Milk
Cookie

3

Tuesday

Cheeseburger
Chef Salad
French Fries
Baby Carrots w/ Ranch
Fruit
Fruit Juice
Assorted Milk
Salad Dressing
Ketchup, Mayonnaise, Mustard

4

Wednesday

Pizza
Fruit and Yogurt Plate
Tater Tots
Cucumbers w/ Ranch
Fruit
Fruit Juice
Assorted Milk
Ketchup

5

Thursday

Chicken Sandwich
Chef Salad
Seasoned Fries
Tossed Salad w/ Dressing
Fruit
Fruit Juice
Assorted Milk
Salad Dressing
Mayonnaise, Mustard

6

Friday

Hot Dogs
Fish Nuggets
Green Beans
California Vegetables
Fruit/Fruit Juice
Assorted Milk
Ketchup, Crackers, Mayonnaise
Cookie

7

Cheeseburger
Chicken Fajita
French Fries
Corn
Fruit
Fruit Juice
Assorted Milk
Ketchup, Mayonnaise, Mustard

10

Chicken Tenders
Chef Salad
French Fries
Cucumber Slices w/ Ranch
Fruit
Roll
Fruit Juice
Assorted Milk

11

Spaghetti
Fruit and Yogurt Plate
Green Beans
Steamed Carrots
Fruit
Fruit Juice
Texas Toast
Assorted Milk

12

Beef A Roni
Chef Salad
Squash
Mixed Vegetables
Texas Toast
Fruit/Fruit Juice
Assorted Milk
Crackers, Salad Dressing

13

Pepperoni Pizza
Ham and Cheese Wraps
Tater Tots
Black Eyed Peas
Fruit
Fruit Juice
Assorted Milk
Ketchup, Mayonnaise, Mustard
Cookie

14

Chicken Spaghetti
Turkey and Cheese Wraps
Green Beans
Mixed Vegetables
Texas Toast
Fruit
Fruit Juice
Assorted Milk

17

Chicken and Sausage Gumbo
Chef Salad /Crackers
Lima Beans
Steamed Carrots
Fruit/Fruit Juice
Assorted Milk
Salad Dressing

18

Nachos Grande'
Ham and Cheese Sandwich
Fiesta Rice
Corn
Broccoli
Fruit
Fruit Juice
Assorted Milk
Mayonnaise, Mustard, Taco Sauce

19

Hamburger Steak
Chef Salad
Mashed Potatoes
Baked Beans
Roll
Fruit
Fruit Juice
Assorted Milk
Salad Dressing

20

Fall Break

No School

21

Cheesy Chicken over Rice
Meatball Hoagie
Black Eyed Pease
Green Beans
Fruit
Fruit Juice
Assorted Milk
Texas Toast

24

Chicken Tenders
Chef Salad
French Fries
Baby Carrots w/ Ranch
Fruit
Roll
Fruit Juice
Assorted Milk

25

Beef Tacos
Breaded Chicken Sandwich
Corn
Tossed Salad w/ Dressing
Fruit
Fruit Juice
Milk
Taco Sauce, Ketchup, Mayonnaise

26

Pulled Pork Sandwiches
Chef Salad
Yam Patty
Lima Beans
Fruit
Fruit Juice
Assorted Milk
Cookie

27

Corndog
Tuna Salad Salad/Crackers
French Fries
California Vegetables
Pudding
Fruit
Fruit Juice
Assorted Milk
Ketchup, Mustard

28

Chicken Alfredo
BBQ Rib Hoagie
Baked Beans
Green Peas
Fruit
Fruit Juice
Texas Toast
Assorted Milk

31

Week 4

Week 1

Week 2

Week 3

Week 4