

**MIHS**

**Salad bar offered  
Monday, Tuesday and Thursday**

**Soup and Sandwich offered  
Wednesday**

<b>Monday 10/2</b>	<b>Tuesday 10/3</b>	<b>Wednesday 10/4</b>	<b>Thursday 10/5</b>	<b>Friday 10/6</b>
Pizza Walking Taco Corn Fresh Pico, Black Bean Salad Fresh Fruit	Asian Chicken Quesdillas Brown Rice/Egg Roll Oriental Vegetables Fresh Fruit	Country Fried Steak & Gravy Oven Baked Chicken Mashed or Sweet Potatoes Green Beans Biscuit Fresh Fruit	Cheese Nachos Cheeseburger Pinto Beans/Rice Shredded Lettuce Fresh Pico Fresh Fruit	No School
<b>9-Oct</b>  No School	<b>10-Oct</b> Chicken Tenders w/Roll Meat Loaf w/Roll Mashed Potatoes Pinto Beans Fresh Fruits	<b>11-Oct</b> Shrimp w/HushPuppies Hot Dogs Slaw/French Fries Baked Beans Fresh Fruit	<b>12-Oct</b> Beef Tacos (Soft ro Crunchy) BBQ Nachos Refried Beans Fresh Pico, Lettuce Fresh Fruit	<b>13-Oct</b> Chicken Sandwich Pizza Corn Lettuce/Tomato/Onion/Pickle Carrot RaisinSalad Fresh Fruit
<b>16-Oct</b> Quesadilla/Rice Loaded Chili Baked Potato Steamed Broccoli/Pico Leafy Green Salad Fresh Fruit	<b>17-Oct</b> Lasagna w/Garlic Toast Cheese Bites w/Marinara Green Beans Leafy Green Salad Fresh Fruit	<b>18-Oct</b> Cheeseburger Pork Carnitas/Pico Lettuce/Tomato/Onion/Pickle Pinto Beans Fresh Fruit	<b>19-Oct</b> Pizza Sweet & sour Chicken w/Rice Corn, Egg Roll Leafy Green Salad Fresh Fruit	<b>20-Oct</b> Chicken Sandwich Philly Beef Sub Lettuce/Tomato/Onion/Pickle Sweet Potato Fries Fresh Fruit
<b>23-Oct</b> Pizza Walking Taco Corn Fresh Pico, Black Bean Salad Fresh Fruit	<b>24-Oct</b> Asian Chicken Quesdillas Brown Rice/Egg Roll Oriental Vegetables Fresh Fruit	<b>25-Oct</b> Country Fried Steak & Gravy Oven Baked Chicken Mashed or Sweet Potatoes Green Beans, Biscuit Fresh Fruit	<b>26-Oct</b> Cheese Nachos Cheeseburger Pinto Beans/Rice Shredded Lettuce Fresh Pico, Fresh Fruit	<b>27-Oct</b> Chicken Sandwich B.B.Q Sandwich Lettuce/Tomato/Onion/Pickle Sweet Potato Fries, Slaw Fresh Fruit
<b>30-Oct</b> Calzone w/Marinara Boneless Hot Wings Broccoli Celery & Carrot Sticks Fresh Fruit	<b>31-Oct</b> Chicken Tenders w/Roll Meat Loaf w/Roll Mashed Potatoes Pinto Beans Fresh Fruit	<b>1-Nov</b> Shrimp w/HushPuppies Hot Dogs Slaw/French Fries Baked Beans Fresh Fruit	<b>2-Nov</b> Beef Tacos (Soft ro Crunchy) BBQ Nachos Refried Beans Fresh Pico, Lettuce Fresh Fruit	<b>3-Nov</b> Chicken Sandwich Pizza Corn Lettuce/Tomato/Onion/Pickle Carrot RaisinSalad Fresh Fruit

*In the operation of child feeding programs no child will be discriminated against because of race, color, national origin, age, sex, or handicap.  
If you believe you have been discriminated against, write immediately to School and Community Nutrition, 1654 Twin Towers East, Atlanta GA.30334*