

 **LUNCH**

Look out for NEW menu items!

**September 2023**Shoals Community School  
(Menu is subject to change due to food availability.)All Students Eat FREE  
Staff: \$4.90**Monday****Tuesday****Wednesday****Thursday****Friday****NO SCHOOL  
(Labor Day)****4****NEW!** Rotini w/ Meat Sauce  
Breadsticks  
Salad/Cherry  
Tomatoes/Carrots  
Peaches/Fresh Fruit  
Milk**5**Cheeseburger  
Tater Tots/Baked Beans  
Mixed Fruit/Fresh Fruit  
Milk**6**Pizza  
Corn/Salad/Black  
Beans  
Pineapple/Fresh Fruit  
Milk**7**Corn Dogs  
French Fries/Salad  
Applesauce/Fresh Fruit  
Milk**1**Pancakes  
Sausage  
Hash Bites  
Raw Veggies  
Fresh Fruit  
Milk**8**Nachos w/ Taco Meat  
& Queso  
Squash/Zucchini  
Refried Beans  
Fresh Fruit  
Milk**11**Crispy Chicken Sandwich  
(PreK-5th)  
**NEW!** Spicy Chicken Sandwich  
(6th-12th)  
Sweet Potato Fries/Green Beans  
Pears/Fresh Fruit  
Milk**12****NEW!** Homemade Chicken  
Pot Pie  
Raw Veggies/Salad  
Applesauce/Fresh Fruit  
Milk**13**Coney Dogs  
French Fries/Salad  
Mixed Fruit/Fresh  
Fruit  
Milk**14**Calzones  
Peas/Corn  
Pineapple/Fresh Fruit  
Milk**15**Chicken Nuggets  
Roll  
Cooked Carrots/Salad  
Mandarin Oranges/Fresh  
Fruit  
Milk**18**Spaghetti  
Salad/Black Beans  
Garlic Breadstick  
Diced Pears/Fresh Fruit  
Milk**19**Jug Rox Bowl  
(Popcorn Chicken, Mashed  
Potatoes & Gravy, Corn,  
Shredded Cheese)  
Roll  
Applesauce/Fresh Fruit  
Milk**20**Bosco Sticks w/  
Marinara Sauce  
Cooked Carrots/Tater  
Tots  
Mixed Fruit/Fresh Fruit  
Milk**21**Biscuit  
Sausage  
Scrambled Eggs  
Hash Brown/Raw Veggies  
Peaches/Fresh Fruit  
Milk**22**Walking Taco  
(Chips, Taco Meat, Salad,  
Salsa, Refried Beans)  
Applesauce/Fresh Fruit  
Milk**25**Cheese Quesadilla  
Sweet Potato Fries/ Corn  
Mixed Fruit/Fresh Fruit  
Milk**26**Country Fried Steak  
Mashed Potatoes & Gravy  
Cooked Carrots  
Pineapple/Fresh Fruit  
Milk**27**Tomato Soup  
Grilled Cheese  
Celery/Carrots  
Mandarin Oranges/Fresh  
Fruit  
Milk**28****NEW!** Beef & Noodles  
Green Beans/Corn  
Diced Pears/Fresh Fruit  
Milk**29**

Attention parents/guardians!

Please remember to send in money with your student if he/she wishes to purchase an extra milk (K-12) or something from a la carte (6-12)! No student with an empty or overdrawn balance will be able to make an a la carte purchase!

This institution is an equal opportunity provider.