



MEAL BENEFITS FORM

OCTOBER 2024 TUSCALOOSA COUNTY SCHOOL SYSTEM

Lunch Options:

Seasonal fruit, Juice, Fresh Garden Salad,
Assorted 1% & Skim Milk offered daily.

*Additional items may be added to the menu. Please check w/
your local schools for additional choices.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Waffle Sticks W/ Sausage Links ¹ Meatloaf W/ Warm Roll Chicken Nuggets W/ Warm Roll Mashed Potatoes W/ Gravy Green Peas	Cinnamon Roll W/ Fresh Fruit ² Empanada Teriyaki Chicken Veggie Bowl Herb Buttered Carrots Steamed Broccoli	Beef Steak Biscuit ³ Crispito W/ Chili & Cheese Greek Chicken, Rice Pilaf, W/ Roll Waffle Fries Green Beans	Mini French Toast W/ Yogurt ⁴ Taco Salad Hotdog Refried Beans Whole Kernel Corn
Mini Bagels ⁷ Buffalo Chicken Sub Sandwich Fish Boat W/ Hushpuppies Baked Beans Whole Kernel Corn	Dutch Waffle W/Sausage Links ⁸ Cheesy Chili Mac Corn Dog Lemon Roasted Carrots Steamed Broccoli	Donut W/Seasonal Fruit ⁹ Chicken Fajita Soup Choice of Pizza Veggie Dippers Sidewinders	Chicken Biscuit ¹⁰ Crispy Chicken Sandwich Frito Pie Waffle Fries Vegetable Medley	Eggs, Bacon, & Biscuit ¹¹ Pizza Poppers W/ Marinara Herb Roasted Chicken W/ Roll Sweet Potato Fries Green Beans
NO SCHOOL ¹⁴ *MENUS ARE SUBJECT TO CHANGE* 	NO SCHOOL ¹⁵	Cinnamon Roll W/ Fresh Fruit ¹⁶ Oven Fried Pork Chop W/ Roll Cheesy Bites W/ Marinara Black Eyed Peas Turnip Greens	Breakfast Pizza ¹⁷ Tomato Basil Soup W/Grilled Cheese Chicken Tender Basket Vegetable Medley Tater Tots	Chicken Biscuit ¹⁸ Orange Chicken, Fried Rice, & Egg Roll Choice of Pizza Stir Fry Vegetables Sweet Potato Fries
Dutch Waffle W/ Sausage Links ²¹ Chicken Pot Pie W/ Cornbread Bowl Steak Street Tacos Lemon Roasted Carrots Steamed Broccoli	Chicken Biscuit ²² Chicken Mash-up Bowl Hamburger Steamed Green Beans Baby Carrots	Sausage Biscuit ²³ Cheese Sticks W/ Marinara Crispy Fish Sandwich Browned Butter California Veggies Waffle Fries	Breakfast Croissant ²⁴ BBQ Chicken Sandwich Fiesta Pull-A-Parts Baked Beans Sweet Potato Fries	Eggs, Bacon, Biscuit ²⁵ Buffalo Chicken Dip Mini Corn Dogs French Fries Veggie Dippers
Breakfast Pizza ²⁸ Steak Fingers W/ Warm Roll Stuffed Crust Pizza Sweet Potato Fries Whole Kernel Corn	Waffle Sticks W/ Sausage Links ²⁹ Meatloaf W/ Warm Roll Chicken Nuggets W/ Warm Roll Mashed Potatoes W/ Gravy Green Peas	Cinnamon Roll W/ Fresh Fruit ³⁰ Empanada Teriyaki Chicken Veggie Bowl Herb Buttered Carrots Steamed Broccoli	Beef Steak Biscuit ³¹ Crispito W/ Chili & Cheese Greek Chicken, Rice Pilaf, W/ Roll Waffle Fries Green Beans	

