

AUGUSTA COUNTY MIDDLE SCHOOL MENU

SEPTEMBER 21 - SEPTEMBER 25, 2020

Lunch

A COMPLETE LUNCH INCLUDES: 1 PROTEIN/GRAIN ENTRÉE, UP TO 2 SERVINGS OF VEGETABLES, UP TO 1 SERVING OF FRUIT, & ONE-HALF PINT MILK; STUDENTS MAY SELECT LESS FOOD, BUT MUST CHOOSE AT LEAST 3 COMPONENTS, INCLUDING 1/2 CUP OF VEGETABLE OR FRUIT WITH LUNCH EVERYDAY. CHEF SALADS INCLUDE PROTEIN & VEGETABLES.

MONDAY 9/21	TUESDAY 9/22	WEDNESDAY 9/23	THURSDAY 9/24	FRIDAY 9/25
<p align="center">MEALS ARE AVAILABLE FOR PICK-UP</p> <p align="center">MONDAYS 9 AM - 11 AM</p>	<p align="center">CHOOSE 1 ENTRÉE BBQ Chicken w/ Mac & Cheese OR PB&J Stacker OR Manager's Choice (USDA)</p> <p align="center">All meals will include a fresh or hot vegetable and a fresh or chilled fruit or juice</p> <p align="center">Milk</p>	<p align="center">CHOOSE 1 ENTRÉE BBQ Chicken w/ Mac & Cheese OR PB&J Stacker OR Manager's Choice (USDA)</p> <p align="center">All meals will include a fresh or hot vegetable and a fresh or chilled fruit or juice</p> <p align="center">Milk</p>	<p align="center">CHOOSE 1 ENTRÉE Spaghetti w/ Roll OR Chicken Salad Sandwhich OR Manager's Choice (USDA)</p> <p align="center">All meals will include a fresh or hot vegetable and a fresh or chilled fruit or juice</p> <p align="center">Milk</p>	<p align="center">CHOOSE 1 ENTRÉE Spaghetti w/ Roll OR Chicken Salad Sandwhich OR Manager's Choice (USDA)</p> <p align="center">All meals will include a fresh or hot vegetable and a fresh or chilled fruit or juice</p> <p align="center">Milk</p>

- 1. All sandwiches served with option of dark green lettuce & tomato slice.**
- 2. All side salads & chef salads are made with romain lettuce and/or fresh spinach.**
- 3. Raw Veggie Cup = may contain a mixture of raw vegetables**
- 4. Manager's Choice (USDA) may be substituted for one of the other entrees listed above**
- 5. Chef Salads offered at manager's discretion.**

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