

# Mountain Brook Junior School







## LUNCH

\*Menu subject to change\*



Mountain Brook  
SCHOOLS

# September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 	<p>1</p> <p>Cheese Sticks w/Marinara Chicken Poppers Hashbrown Casserole Apple Crisp Peas &amp; Carrots</p>	<p>2</p> <p>Fried/Baked Chicken Scalloped Potatoes Cabbage Black-Eyed Peas</p>	<p>3</p> <p>Beef Tips Mini Corndogs Rice Green Beans Roasted Vegetables</p>	<p>4</p> <p>Frito Pie Mexican Pizza Pinto Beans Corn Nuggets Okra, Tomatoes w/Elbow Macaroni</p>
	<p>7</p> <p>Chicken Sandwich Steak Nuggets Tater Tots Baked Beans Carrots</p>	<p>8</p> <p>Fried/Baked Chicken Mashed Potatoes Gravy Pinto Beans</p>	<p>9</p> <p>Crispitos with Cheese Sauce Quesadillas Spanish Rice Fiesta Beans Onion Rings</p>	<p>10</p> <p>Pizza Mini Corndogs Herb Roasted Potatoes Green Beans California Veggies</p>
<p>14</p> <p>BBQ Sandwich Hot Wings Potato Wedges Corn on the Cob Fried Okra</p>	<p>15</p> <p>Salisbury Steak w/Gravy Chicken Supreme Rice Pilaf Steamed Veggies Seasoned Corn</p>	<p>16</p> <p>Fried/Baked Chicken Broccoli Casserole Scalloped Potatoes Baby Lima Beans</p>	<p>17</p> <p>Rotini Pasta Meat or Alfredo Sauce Roasted Brussel Sprouts Carrots Green Peas</p>	<p>18</p> <p>Cheeseburgers Mexican Pizza Fries Baked Beans Corn</p>
<p>21</p> <p>Cheese Sticks with Marinara Chicken Poppers Hashbrown Casserole Apple Crisp Peas &amp; Carrots</p>	<p>22</p> <p>Taco Seasoned Beef Chips, Cheese Fiesta Rice Refried Beans Mexicorn</p>	<p>23</p> <p>Fried/Baked Chicken Rice w/Gravy Italian Green Beans Steamed Broccoli &amp; Cauliflower</p>	<p>24</p> <p>Beef &amp; Mac Baked Tilapia Baked Sweet Potato Roasted Parm Asparagus Italian Veggies</p>	<p>25</p> <p>Spicy Chicken Sandwich Fish Nuggets Hush Puppies Baked Beans Corn on the Cob</p>
<p>28</p> <p>Corndogs Hot Ham &amp; Cheese Sandwich Fried Okra Peas Corn</p>	<p>29</p> <p>Eggs Cheese Grits Sausage &amp; Chicken Patty Biscuits Hashbrown Apples</p> 	<p>30</p> <p>Fried/Baked Chicken Mashed Potatoes Gravy Pinto Beans</p> 	<p>Fruits &amp; Veggies Month</p>  <p>Fill 1/2 of your plate with fruits and vegetables every time you eat!</p> <p>Fruit &amp; Veggie More Matters Month</p> <p>fruits &amp; veggies more matters.</p>	

Fresh Fruit, Variety of Milk, Variety of Grab 'n Go Salads & Sandwiches & Grab 'n Go Breakfast @ 7:15 AM served daily