

Georgia School for the Deaf



School Information:

Nation School Lunch week October 9th – 13th!



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Chicken Fajitas with Tortillas, Or Grilled BBQ Chicken, Soy BB&J, Corn, Winter Mixed Veggies, Side Mixed Salad With Tomatoes and Carrots, Ranch Dressing, Fresh Red Grapes and Peaches. Assorted Milks, and Water

Salisbury Steak with Yeast Rolls, Chicken Nuggets, or Soy PB&J. Broccoli Florets, Mashed potatoes, Side Mixed Salad with Tomatoes and Carrots, Ranch Dressing, Fresh Melon Slices and Pears, Assorted Milks and Water.

BBQ Pulled Pork with Roll, Turkey Wraps or Soy PB&J. Baked Beans and Sweet Peas and Carrots, Side Mixed Salad with Tomatoes and Carrots. Fresh Red Grapes and Mix Fruit Cups. Assorted Milks and Water.

Chicken Fajitas with Tortillas, Or Grilled BBQ Chicken, Soy BB&J, Corn, Winter Mixed Veggies, Side Mixed Salad With Tomatoes and Carrots, Ranch Dressing, Fresh Red Grapes and Peaches. Assorted Milks, and Water

Salisbury Steak with Yeast Rolls, Chicken Nuggets, or Soy PB&J. Broccoli Florets, Mashed potatoes, Side Mixed Salad with Tomatoes and Carrots, Ranch Dressing, Fresh Melon Slices and Pears, Assorted Milks and Water.

Mandarin Chicken with Egg rolls, Chicken Nuggets Or, Ham Sandwich, Baked Beans, Broccoli, Side Mixed Salad with Carrots and Celery, Ranch Dressing, Fresh strawberries and Pineapple. Assorted milks, Water.

Smokehouse Chili w/Corn Bread, Ham Sandwich or Soy PB&J, Green Beans and Winter Mix Veggies, Side Mixed Salad With Cucumbers and Broccoli Fresh Red Apples and Mixed Fruit Assorted Milks and Water.

Shepherd's Pie with Yeast Roll, Chicken Fingers or Soy PB&J Steamed Broccoli and Mashed Potatoes, Side Mixed Salad with Carrots and Cucumbers. Fresh Oranges and Sliced Peaches. Assorted Milks and Water

Mandarin Chicken with Egg rolls or Chicken Nuggets Ham Sandwich, Baked Beans, Broccoli, Side Mixed Salad with Carrots and Celery, Ranch Dressing, Fresh strawberries and Pineapple. Assorted milks, Water

Smokehouse Chili w/Corn Bread, Ham Sandwich or Soy PB&J, Green Beans and Winter Mix Veggies, Side Mixed Salad With Cucumbers and Broccoli Fresh Red Apples and Mixed Fruit Assorted Milks and Water.

Spaghetti with Garlic Bread, Or Meatball Subs, Soy PB&J Sweet Peas, and Italian Blend Veggies. Side Mixed Salad with Tomatoes and Broccoli, ranch dressing, Fresh Peaches and Apple Slices, Assorted Milks and Water

Chicken Tetrizzini with Garlic Rolls, Chicken Wraps, or Soy PB&J, Tater Tots, Italian Mix Veggies, Side Mixed Salad with Carrots and Tomatoes, Fresh Strawberries and Pineapple. Assorted Milks and water.

Pizza, Grilled Chicken Brest With rolls, or Soy PB&J. Corn and Green Beans, Side Mixed Salad with Broccoli and Tomatoes. Fresh Green Apples and Sliced Pineapple. Assorted Milks and Water.

Spaghetti with Garlic Bread, Or Meatball Subs, Soy PB&J Sweet Peas, and Italian Blend Veggies. Mixed Salad with Tomatoes and Broccoli, Fresh Peaches and Apple Slices Assorted Milks and Water

Country Fried Steak or Corn Dogs, Soy PB&J, Buttered Roll, Corn and Green Beans, Side Mixed Salad with Broccoli and Carrots, Ranch Dressing, Fresh Red Grapes and Mandarin Oranges, Assorted Milks and water.

Teriyaki Chicken with Fried Rice Ham Sandwich or Soy PB&J. Egg rolls, Oriental Veggie Mix, Side Mixed Salad With broccoli and cucumbers, Fresh Green Grapes and Mandarin Oranges Assorted Milks and Water.

Creamy Chicken and Rice With Garlic Bread, Turkey Wraps or Soy PB&J. Mixed Veggies and Tater Tots. Side Mixed Salad with cucumbers and Carrots. Fresh Strawberries and Mandarin Oranges Assorted Milks and Water

Country Fried Steak or Corn Dogs, Soy PB&J, Buttered Roll, Corn and Green Beans, Side Mixed Salad with Broccoli and Carrots, Ranch Dressing, Fresh Red Grapes and Mandarin Oranges, Assorted Milks and water.

Turkey Sub Sandwiches with Mayonnaise and Mustard Lettuce and Tomatoes. Sour Cream and Onion Chips, Carrots with ranch for dipping, Whole Red Apples, Assorted Milk, Juice and Water.

Hot Calzones with Cheese Or Chicken Sandwich with Mayonnaise and Mustard Lettuce and Tomatoes. Cool Ranch Doritos, Celery with Ranch for dipping. Fresh Melon. Assorted Milk, Juice and Water

Ham Panini's With Mayonnaise And Mustard, Lettuce and Tomatoes, BBQ Chips and Carrots with Ranch For Dipping, Fresh Sliced Apples. Assorted Milks, Juice and Water

Turkey Sub Sandwiches with Mayonnaise and Mustard Lettuce and Tomatoes. Sour Cream and Onion Chips, Carrots with ranch for dipping, Whole Red Apples, Assorted Milk, Juice and Water.



October 2017

LUNCH

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Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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