

# Longview High School's Food Court "Me Maw's Home Cooking" 2016-2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<b>Chicken Tenders</b> <b>Red Beans and Rice</b> <b>Tater Tots</b> <b>Roll</b> <b>Red Delicious</b> <b>Apple</b> <b>Banana</b> <b>Milk</b>	<b>Meat loaf</b> <b>Baked Italian Chicken</b> <b>Turnip Greens</b> <b>Baked Squash</b> <b>Glazed Carrots</b> <b>Broccoli and Rice</b> <b>Casserole</b> <b>Cornbread</b> <b>Cantaloupe</b> <b>Honey Dew Melon</b> <b>Milk</b>	<b>Chicken Spaghetti</b> <b>Candied Sweet Potatoes</b> <b>Shredded Lettuce</b> <b>Diced Tomatoes</b> <b>Ranch Dressing</b> <b>Roll</b> <b>Strawberries</b> <b>RIPS-100% Fruit</b> <b>Milk</b>	<b>Loaded Baked Potatoes (baked potato, diced chicken, shredded cheese, sour cream, butter, chives)</b> <b>Steamed Broccoli</b> Diced Tomatoes Rotel Sauce <b>Crackers</b> <b>Green Apples</b> <b>Red Grapes</b> <b>Milk</b>	<b>Ranch Style Chicken</b> <b>Salisbury Steak w/brown gravy</b> <b>Brown Rice Pilaf</b> <b>Scalloped Potatoes</b> <b>Cabbage</b> <b>Cornbread</b> <b>Pineapple</b> <b>Orange</b> <b>Milk</b>
Week 2	<b>Spaghetti w/Garlic Toast</b> <b>Chicken Parmesan</b> <b>Corn on the Cob</b> <b>Green Beans w/tomatoes</b> <b>Carrots w/ Ranch</b> <b>Roll</b> <b>Cantaloupe</b> <b>Honey Dew</b> <b>Melon</b> <b>Milk</b>	<b>Fried Fish</b> <b>Mac and Cheese</b> <b>Coleslaw</b> <b>Baked Beans</b> <b>Roll</b> <b>Strawberries</b> <b>RIPS-100% Fruit</b> <b>Milk</b>	<b>Chicken Fried Steak w/ gravy</b> <b>Roasted New Potatoes w/ green beans</b> <b>Glazed Carrots</b> <b>Cornbread</b> <b>Green Apples</b> <b>Red Grapes</b> <b>Milk</b>	<b>Hamburger Helper</b> <b>Pinto Beans</b> <b>Greens</b> <b>Cornbread</b> <b>Pineapple</b> <b>Orange</b> <b>Milk</b>	<b>Orange Chicken</b> <b>General Tso's Chicken</b> <b>Brown Rice Pilaf</b> <b>Egg Rolls</b> <b>California Vegetables</b> <b>Baked Zucchini</b> <b>Red Delicious</b> <b>Apple</b> <b>Banana</b> <b>Milk</b>