

METRO-NASHVILLE PUBLIC SCHOOLS
LUNCH MENU K-8
SY 2019-2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stadium Hotdog Flame-broiled Hamburger/Cheeseburger Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing Sidewinders/Crinkle Cut Fries Baked Beans Lettuce, Tomato, Onion, Pickle Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk <i>*Blackbean Burgers available upon request*</i>	2 Oven Fried Chicken w/ Country Golden Biscuit Saucy Lasagna Roll-Up w/ Garlic Knot Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing Mashed Potatoes Seasoned Green Beans Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk	3 Asian-Style Glazed Chicken Teriyaki Beef & Broccoli Fried Rice Vegetable Eggroll Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing Stir Fry Vegetables Ginger Steamed Carrots Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk	4 Choose a Casserole Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing Creamed Kale/Spinach Tuscan Blend Veggies Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk	5 Pizza Party Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing California Blend Vegetables Sweet Golden Corn Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk
6 Crispy Chicken Box 'N Roll Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing Pinto Beans Mixed Vegetables Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk	7 Build Your Own Mac 'N Cheese WG Roll Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing Steamed Broccoli Buttered Parisian Carrots Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk	8 Poppin' Potato Bowl w/ Country Golden Biscuit Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing Italian Green Beans Oven Fried Okra Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk	9 Choose a Casserole Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing Honey Roasted Butternut Squash Roasted Vegetable Medley Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk	10 Seasoned Tilapia/Battered Fish Rotisserie Chicken Wild Rice Blend & Roll Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing Baked Potato Roasted Mediterranean Blend Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk
11 Homestyle Chicken Sandwich Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing Sweet Potato Waffle Fries Roasted Broccoli Lettuce, Tomato, Onion, Pickle Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk	12 Walking Taco Cheesy Rancheros Enchiladas Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing Charro Beans Jalapeno Corn/Sweet Golden Corn Taco Toppings Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk	13 Oven Roasted Wings w/ Texas Toast Buffalo Wings w/ Texas Toast Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing Ranch/Buffalo Cauliflower Roasted Red Potatoes Carrot/Celery Sticks Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk	14 Choose a Casserole Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing Roasted Maple Sweet Potatoes Southern-Style Turnip Greens Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk	15 Battered Fish w/ Hushpuppies Chicken Tortilla Soup w/ Yellow Corn Chips Assorted Grab & Go Meals Assorted Specialty Salad Tossed Salad w/ Asstd Low-Fat Dressing Peas & Carrots Creamy/Carolina-Style Coleslaw Onion Rings Assorted Fresh Fruits/Fruit in Juice Assorted Low-Fat/Fat-Free Milk



MENU 4 (CHOOSE BETWEEN):
Turkey Ham & Mac Casserole w/ Roll
Turkey Tetrazzini w/ Roll

MENU 9 (CHOOSE BETWEEN):
Skillet Cheesy Beef Macaroni w/ Garlic Knot
Baked Spaghetti w/ Garlic Knot

MENU 14 (CHOOSE BETWEEN):
Cheesy Turkey, Broccoli, & Rice w/ Roll
Creamy Roasted Turkey Alfredo w/ Roll

DAILY OPTION WHERE AVAILABLE:
SALAD BAR

GRAB & GO MEAL OPTIONS:

PBJ/Soybutter Snack Pack
Tuna Fish Dish

Pizza Picnic Pack
Chicken Salad Grab N' Go

Deli Picnic Pack

Protein Power Pack