## COCKE COUNTY SCHOOLS

## **September Lunch Menu**

	COUNTY JEHOOLS	- Septen	iber Lunch Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
Jakon Jay	Hamburger Lettuce/Tomato/Onion/Pickles  Baked Beans French Fries  Fruit Variety  Milk: White, Chocolate, Strawberry	Hot Dog with Chili Macaroni & Cheese Corn Fruit Variety Milk: White, Chocolate, Strawberry	Popcorn Chicken Wheat Roll  Mashed Potatoes Sweet Potatoes Broccoli with Cheese  Fruit Variety  Milk: White, Chocolate, Strawberry	Chicken Sandwich Regular or Hot & Spicy Lettuce/Tomato/Pickle Fresh Carrots with Dip Doritos Fruit Variety Milk: White, Chocolate, Strawberry
Barbecue Pork on Bun Lettuce/Tomato/Pickle  French Fries Baked Beans  Fruit Variety  Milk: White, Chocolate, Strawberry	Orange Chicken or Sweet & Sour Chicken  Egg Roll Glazed Carrots Fried Rice with Vegetables  Fruit Variety  Milk: White, Chocolate, Strawberry	Taco Salad Lettuce/Tomato Shredded Cheese Tortilla Chips Refried Beans Salsa Corn Fruit Variety Milk: White, Chocolate, Strawberry	Baked Chicken Bites Wheat Roll  Mashed Potatoes Steamed Broccoli with Cheese Sweet Potatoes  Fruit Variety Milk: White, Chocolate, Strawberry	Pizza  Garden Salad Doritos  Fruit Variety  Milk: White, Chocolate, Strawberry
Hot Dog with Chili Baked Beans French Fries Fruit Variety Milk: White, Chocolate, Strawberry	Baked Tender Chicken Bites  Pinto Beans Turnip Greens Coleslaw Cornbread  Fruit Variety  Milk: White, Chocolate, Strawberry	Chicken Sandwich Regular or Hot & Spicy Lettuce//Tomato/Pickles  Corn Green Beans  Fruit Variety  Milk: White, Chocolate, Strawberry	Popcorn Chicken Wheat Roll  Mashed Potatoes Peas Glazed Carrots  Fruit Variety  Milk: White, Chocolate, Strawberry	Pizza  Garden Salad Fresh Carrots with Dip  Fruit Variety  Milk: White, Chocolate, Strawberry
Golden Corn Dog Nuggets Baked Beans French Fries Fruit Variety Milk: White, Chocolate, Strawberry	24  Breakfast for Lunch: Sausage, Chicken or Steak Biscuit with Gravy Tater Tots Baked Apples Grape Tomatoes  Fruit Variety  Milk: White, Chocolate, Strawberry	Pizza  Green Beans Glazed Carrots  Fruit Variety  Milk: White, Chocolate, Strawberry	26 Spaghetti with Meat Sauce Garlic Bread Garden Salad California Blend Fruit Variety Milk: White, Chocolate, Strawberry	Hamburger Lettuce Tomato/Onion/Pickles  Corn Baked Cheetos  Fruit Variety  Milk: White, Chocolate, Strawberry
Peanut Butter & Jelly or Grilled Cheese Sandwich String Cheese Fresh Carrots Grape Tomatoes Cheez-Its Fruit Variety Milk: White, Chocolate, Strawberry	This institution is an equal opportunity provider.			All Students Eat Breakfast and Lunch at No COST  *Menu subject to change

## COCKE COUNTY SCHOOLS

## **September Weekly Breakfast Menu**

Day of the Week	Combo #1	Combo #2
Monday	Sausage Biscuit with Gravy Fruit Juice Milk	Cereal Variety Muffin or PopTart Fruit Juice Milk
Tuesday	Pancake Wrap or Pancake with Syrup Bacon Fruit Juice Milk	Cereal Variety Muffin or PopTart Fruit Juice Milk
Wednesday	Chicken or Steak Biscuit with Gravy Fruit Juice Milk	Cereal Variety Muffin or PopTart Fruit Juice Milk
Thursday	Scrambled Eggs & Bacon with Toast Or Oatmeal with Toast Fruit Juice Milk	Cereal Variety Muffin or PopTart Fruit Juice Milk
Friday	Sausage Biscuit with Gravy Fruit Juice Milk	Cereal Variety Muffin or PopTart Fruit Juice Milk

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <a href="https://www.usda.qov/sites/default/files/documents/ad-3027.pdf">https://www.usda.qov/sites/default/files/documents/ad-3027.pdf</a>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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- mail:
   U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410; or
- fax: (833) 256-1665 or (202) 690-7442; or
- 3. email: Program.Intake@usda.gov



