



SEPTEMBER 2022

Blount County Schools

Offered Daily: 1% Low-Fat Milk /

Non-Fat Flavored Milk / Juice

Monday

Tuesday

Wednesday

Thursday

Friday



**Labor Day
Holiday
No School**

5

Grab-n-Go Options **6**
Crispitos
Pinto Beans
Lettuce/Tomato
Salsa/Sour Cream
Fruit

Grab-n-Go Options **7**
**Southwest Chicken
Queso Pasta**
Garlic Bread
Steamed Broccoli
Tuscan Salad / Fruit

Grab-n-Go Options **1**
**Cheesy Italian
Bread Pull-Aparts**
Marinara Sauce
Steamed Veggies
Garden Salad / Fruit

Grab-n-Go Options **2**
Cheeseburger
Lettuce/Tomato/Pickle
Fries
Fruit
Ice Cream

Grab-n-Go Options **8**
Pizza
Steamed Corn
Garden Salad
Fruit

Grab-n-Go Options **9**
Corndog
Fries
Coleslaw/Baked Beans
Fruit
Ice Cream

Grab-n-Go Options **12**
Hamburger Steak
Cornbread
Northern Beans
Breaded Okra
Fruit

Grab-n-Go Options **13**
Chicken Tacos
Chili Beans
Lettuce/Tomato/Cheese
Sour Cream/Fruit

Grab-n-Go Options **14**
BBQ Pork w/ Roll
Coleslaw & Baked Beans
Tater Tots
Fruit

Grab-n-Go Options **15**
Max Cheese Sticks
Marinara Sauce
Steamed Veggies
Garden Salad
Fruit

Grab-n-Go Options **16**
Cheeseburger
Lettuce/Tomato/Pickle
Veggies w/ Ranch
Chips
Fruit / Ice Cream

Grab-n-Go Options **19**
Country Fried Steak
Biscuit
Baby Baker Potatoes
Green Beans
Fruit

Grab-n-Go Options **20**
Crispitos
Pinto Beans
Lettuce/Tomato
Salsa/Sour Cream
Fruit

Grab-n-Go Options **21**
Spaghetti
Garlic Bread
Steamed Veggies
Garden Salad
Fruit

Grab-n-Go Options **22**
Pizza Crunchers
Steamed Corn
Garden Salad
Fruit

Grab-n-Go Options **23**
Chicken Sandwich
Lettuce/Tomato/Pickle
Veggies w/ Ranch
Chips
Fruit / Ice Cream

Grab-n-Go Options **26**
Hamburger Steak
Warm Roll/Mac & Cheese
Steamed Carrots
Green Beans
Fruit

Grab-n-Go Options **27**
Beef & Cheese Nachos
Texas Caviar
Lettuce/Tomato
Salsa/Sour Cream
Fruit

Grab-n-Go Options **28**
Chicken Alfredo
Garlic Bread
Steamed Broccoli
Tuscan Salad
Fruit

Grab-n-Go Options **29**
Pizza
Steamed Corn
Garden Salad
Fruit

Grab-n-Go Options **30**
Hot Dog
Chili Sauce/Kraut & Onion
Chips
Fruit
Ice Cream

Various Cold/Grab-n-Go Entrée Options Offered Daily. Options include:

WOW Butter Sandwich / Ham & Cheese or Turkey & Cheese Sandwich w/ Chips / Pre-Plated Salads / Yogurt Parfaits

Not all options available every day at every cafeteria. Menu Subject to Change due to Nationwide Shortages.

USDA is an Equal Opportunity Employer and Provider.

