

UMS WRIGHT PREP

LUNCH MENU SEPT-OCT

UPPER SCHOOL- JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DEC 5-9	Red Beans & Rice Green Beans Sweet Carrots Garlic Bread	Stuff Pork Lion Rice Pilaf Chef Choice Veg. Dinner Roll	Smoke Chicken Fettuccine Alfredo Sauté Spinach Cheese rolls	Hamburger steak Mash Potato Chef Vegetable Garlic Roll	Fried Fish Herd Roasted Fish Garlic Seasoned Rice Broccoli Yeast Roll
DEC 12-16	Chicken And Sausage Jambalaya Fried Okra Chef Veg. Corn Bread	Fried Pork Chop Mc & cheese Lima Beans Chef Vegetable Roll	Homemade Italian Meat Balls Pasta Marinara Green Beans Oven Roasted Sweet Potatoes Yeast Roll	Fried Chicken Mac & Cheese Sauté cabbage Green Beans House Rolls	Fried Fish Baked Fish Cheese Grits Green Beans Hush Puppies
DEC 19-23	Beef Tips White Rice Sauteed Yellow Squash Roasted Broccoli Dinner Roll	Stuffed chicken breast Mash potato Sauté spinach and tomato Green Beans Roll	Country Fried Steak Mashed Potato Chef Vegetable Cheese Roll	Baked Chicken Mac & Cheese Broccoli Yeast Roll	Fried Fish Blackened Fish Dirty Rice Fried Okra Roasted Corn Hushpuppies
DEC 26-30	Shrimp And Sausage Jambalaya Fried Okra Cream Corn	Smothered Pork Chop Bacon Mashed Potatoes Lima Beans Chef Vegetable Roll	Jerk Chicken Rice And Peas Skillet Cabbage Corn Bread	Smoked Ribs Baked Beans Twice Baked Potatoes Mac & Cheese Coleslaw House Roll	Fried Fish Herd Roasted Fish Garlic Seasoned Rice Broccoli Sauteed Carrots Yeast Roll
FEB 02-06	Lasagna Chef veg. Sweet Carrots Rolls	Chicken Parmesan Fettuccine Green Beans Gallic Bread Roll	Fried Chicken Mac & Cheese Veg. Med Corn Bread	Pot Roast Rice Black Eye Peas Corn Bread	Fried Fish Blackened Fish Potato Salad Fried Pickles Hushpuppies

Food Service Director : Rhodine Davis

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Menu is subject to change

