



# SEPTEMBER 2023

Poplarville Upper Elementary

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

No School

4

Labor Day

Week 2

Hamburger  
Fruit and Yogurt Plate  
Peas  
French Fries  
Fruit/Fruit Juice  
Assorted Milk  
Mustard, Ketchup, Mayonnaise

11

Week 3

Cheesy Chicken over Rice  
Fruit and Yogurt Plate  
Yam Patty  
Steamed Broccoli  
Fruit/ Fruit Juice  
Texas Toast  
Assorted Milk

18

Week 4

Cheeseburger  
Fruit and Yogurt Plate  
French Fries  
Field Peas  
Fruit/ Fruit Juice  
Assorted Milk  
Mayonnaise, Mustard, Ketchup

25

Week 5

Chicken Tenders  
Turkey and Cheese Hoagie  
French Fries  
Black-Eyed Peas  
Fruit  
Fruit Juice  
Roll, Mustard, Mayonnaise  
Assorted Dipping Sauces, Ketchup

5

Steak Fingers  
Turkey and Cheese Wrap  
Mashed Potatoes w/ Gravy  
Squash  
Fruit/ Fruit Juice  
Assorted Milk  
Roll  
Mayonnaise, Mustard, Ketchup

12

Chicken Tenders  
Marinara Meatball Hoagie  
French Fries  
Green Beans  
Fruit/ Fruit Juice  
Mayonnaise  
Roll  
Assorted Dipping Sauces, Ketchup  
Assorted Milk

19

Beef -A-Roni  
Ham and Cheese on Bun  
Cheesy Broccoli  
Seasoned Green Peas  
Mayonnaise, Mustard, Ketchup  
Fruit/Fruit Juice  
Assorted Milk  
Roll

26

Chicken Spaghetti  
Chef Salad w/ Dressing  
Steamed Broccoli  
Lima Beans  
Texas Toast  
Fruit  
Fruit Juice  
Assorted Milk  
Mustard, Mayonnaise

6

Chicken Fajita  
Chef Salad w/ Dressing  
California Vegetables  
Refried Beans  
Fruit/ Fruit Juice  
Sour Cream  
Assorted Milk  
Crackers/ Croutons

13

Beef and Bean Burrito  
Chef Salad w/ Dressing  
Steamed Carrots  
Corn  
Crackers/Croutons  
Fruit/ Fruit Juice  
Assorted Milk  
Mayonnaise, BBQ Sauce

20

Taco Salad w/ Chips  
Grilled Chicken Sandwich  
Steamed Carrots  
Seasoned Green Beans  
Mayonnaise, Mustard, Ketchup  
Fruit/Fruit Juice  
Assorted Milk  
Taco Sauce, Sour Cream

27

Hamburger Steak w/ Gravy  
American Sub  
Tossed Salad w/ Dressing  
Mashed Potatoes  
Fruit/Fruit Juice  
Roll  
Assorted Milk  
Mustard, Mayonnaise

7

Nacho Grande  
Ham and Cheese on Hoagie  
Tossed Salad w/ Dressing  
Whole Kernel Corn  
Fruit/ Fruit Juice  
Assorted milk  
Mayonnaise, Mustard

14

Lemon Pepper Chicken  
BBQ Rib Sandwich  
Crackers/ Croutons  
Baked Beans  
Tossed Salad w/ Dressing  
Roll  
Fruit/ Fruit Juice  
Assorted Milk

21

BBQ Pork Sandwich  
Chef Salad w/ Dressing  
Vegetables with Dip  
Baked Beans  
Fruit/ Fruit Juice  
Assorted Milk  
BBQ Sauce, Mayonnaise  
Crackers, Croutons

28

Pepperoni Pizza  
Tuna Salad Salad  
French Fries  
Tossed Salad w/ Dressing  
Saltine Crackers  
Fruit/ Fruit Juice  
Assorted Milk  
Cookie

1

Soft Beef Taco  
Fish Sandwich  
French Fries  
Baby Carrots w/ Ranch  
Fruit/Fruit Juice  
Assorted Milk  
Sugar Cookie  
Mayonnaise, Tartar Sauce

8

Pizza  
Fish Nuggets  
French Fries  
Green Beans  
Fruit/ Fruit Juice  
Assorted Milk  
Ketchup, Tartar Sauce

15

Mexican Pizza  
Chicken Salad Salad  
Crackers/ Croutons  
French Fries  
Mixed Vegetables  
Fruit/ Fruit Juice  
Ketchup  
Sugar Cookie  
Assorted Milk

22

Pepperoni Pizza  
Corn Dog Nuggets  
French Fries  
Tossed Salad w/ Dressing  
Saltine Crackers  
Fruit/ Fruit Juice  
Assorted Milk  
Cookie

29

This institution is an equal opportunity provider.  
Menu is subject to change.