

SEPTEMBER 2026



Roane County Schools Middle School

Daily offering: Entrée leafy green salad, fresh fruit, chilled fruit, grab and go meal and milk variety.

Monday

Tuesday

Wednesday

Thursday

Friday

1
Teriyaki Nuggets
Orange or General TSO
Chicken
Egg Roll
Asian Rice
Seasoned Peas

2
Chicken Alfredo
Breadstick
Steamed Broccoli
Steamed Carrots

3
Hot Dog on Bun
Tater Tots
Homemade Chili
Garden Fresh Slaw

4
Pizza
Crispitos
Leafy Green Salad
Buttered Corn



8
Popcorn Chicken
Roll
Macaroni & Cheese
Southern Green Beans

9
Hamburger
Lettuce, Tomato, Pickle
Fries
Steamed Broccoli

10
Chicken Tenders
Fish
Hushpuppies or Cornbread
Pinto Beans
Turnip Greens

11
Pizza
Corn Dog Nuggets
Steamed Carrots
Breaded Okra

14
Pulled BBQ Pork
Roll or Bun
Mashed Potatoes
Southern Green Beans

15
Spaghetti
Breadstick
Steamed Broccoli
Spiced Apples

16
Chicken Wings
Roll
Celery & Carrots w/Ranch
Fries

17
Tacos- Chicken & Beef
Mexican Street Corn
Mexican Seasoned Rice

18
Pizza
Sloppy Joe Sandwich
Leafy Green Salad
Baked Beans

21
Chicken Sandwich
Fries
Steamed Vegetable Medley

22
Chicken Drumstick
Biscuit
Baked Beans
Macaroni & Cheese

23
Chicken Drumstick
Biscuit
Baked Beans
Macaroni & Cheese

24
Chicken Parmesan
Breadstick
Southern Green Beans
Spiced Apples

25
Pizza
BBQ Rib Sandwich
Steamed Broccoli
Veggie Pick Ups w/Dip

28
Chicken Nuggets
Roll
Fries
Carrot Sticks w/Dip

29
Teriyaki Nuggets
Orange or General TSO
Chicken
Egg Roll
Asian Rice
Seasoned Peas

30
Chicken Alfredo
Breadstick
Steamed Broccoli
Steamed Carrots

*Menus subject to change

HARVEST OF THE MONTH: RICE

- Rice is a grain that grows on a grass-like plant.
- Rice plants love water and can grow in flooded fields called rice paddies.
- There are thousands of varieties of rice, including white, brown, black, red, and wild rice.

