

UMS WRIGHT PREP

MIDDLE & UPPER SCHOOL

Dec 2022

WEEK 28-2

WEEK 5-9

WEEK 12-16

WEEK 19-23

WEEK 26-30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Red Beans & Rice</i> <i>Green Beans</i> <i>Sweet Carrots</i> <i>Garlic Bread</i>	<i>Smothered Pork</i> <i>Chop Bacon</i> <i>Mashed Potatoes</i> <i>Lima Beans</i> <i>Chef Vegetable</i> <i>Roll</i>	<i>Fried Shrimp And</i> <i>Smoke Chicken</i> <i>Fettuccine</i> <i>Alfredo Sauté</i> <i>Spinach</i>	<i>Homemade</i> <i>Meatloaf</i> <i>Mash Potato</i> <i>Chef Vegetable</i> <i>Cheese Roll</i>	<i>Fried Fish Herd</i> <i>Roasted Fish Garlic</i> <i>Seasoned Rice</i> <i>Broccolini</i> <i>Sauteed Carrots</i> <i>Yeast Roll</i>
<i>Beef Tips</i> <i>Herbed Rice</i> <i>Sweet Chili</i> <i>Roasted Carrots</i> <i>Texas Toast</i>	<i>Classic Lasagna</i> <i>Pram Roasted</i> <i>Veggies</i> <i>Green Beans</i> <i>Garlic Bread</i>	<i>BBQ Pulled Pork</i> <i>Mac & Cheese</i> <i>Baked Beans</i> <i>House Slaw</i> <i>Texas Toast</i>	<i>Blackened</i> <i>Chicken Alfredo</i> <i>Sautéed Veggie</i> <i>Medley</i> <i>Garlic Rolls</i>	<i>Fried Fish</i> <i>Blackened Fish</i> <i>Dirty Rice</i> <i>Fried Green</i> <i>Tomatoes</i> <i>Hushpuppies</i>
<i>Shrimp And Sausage</i> <i>Jambalaya</i> <i>Fried Okra</i> <i>Cream Corn</i>	<i>Chili Rice Fried</i> <i>Green Tomato</i> <i>Corn Bread</i>	<i>Chicken & Waffle</i> <i>Grill Pork Chop</i> <i>Roasted Potatoes</i> <i>Chef Veg. Roll</i>	<i>Roast Beef</i> <i>Rice</i> <i>Asparagus Roll</i>	<i>Fried Fish</i> <i>Blackened</i> <i>Grits</i> <i>Okra</i> <i>Hushpuppies</i>
<i>Meatloaf</i> <i>Garlic Mashed</i> <i>Potatoes</i> <i>Thyme Roasted</i> <i>Carrots</i> <i>Broccoli</i>	<i>Fried Chicken</i> <i>Mac & cheese</i> <i>Collards Greens</i> <i>Cornbread</i>	<i>Stuffed Pork Loin</i> <i>Rice Pilaf</i> <i>Green Beans</i> <i>House Rolls</i>	<i>Shrimp & Cheese</i> <i>Grits</i> <i>Succotash</i> <i>Fried Green</i> <i>Tomatoes</i>	<i>Fried Fish</i> <i>Blackened Fish</i> <i>Cheese Grits</i> <i>Lima's</i> <i>Slaw</i> <i>Hushpuppies</i>
<i>CHILL MAC</i> <i>Fried Okra</i> <i>Cream Corn</i> <i>Chef Veg</i>	<i>Lemon Pepper</i> <i>Chicken Rice Pilaf</i> <i>Broccoli</i> <i>Sauté Squashed</i> <i>Cheese Roll</i>	<i>Country Fried</i> <i>Steak Mashed</i> <i>Potatoes</i> <i>Vegetable Med.</i> <i>Rolls</i>	<i>BBQ Chicken</i> <i>Baked Beans</i> <i>Corn On The</i> <i>Cobb</i> <i>Rolls</i>	<i>Fried Fish</i> <i>Blackened Fish</i> <i>Grits</i> <i>Fried Tomatoes</i> <i>Fried Okra</i>

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 Menu is subject to change