



HANCOCK COUNTY  
SCHOOL NUTRITION PROGRAM

# SEPTEMBER 2026

Hancock County Middle / High School



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SCHOOL NUTRITION PROGRAM

**BREAKFAST • LUNCH** Healthy meals fuel Tennessee students for a strong school day.

| MONDAY                                                                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                     | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>HCMHS FOOTBALL</div> <div>HS: 3 @ North Greene 7:00 • 11 @ Cloudland 7:00<br/>18 vs Unaka 7:00 • 25 vs Cosby 7:00<br/>MS: 4 vs Northview 6:00 • 10 @ White Pine 6:00<br/>17 @ Unaka 6:00 • 22 vs Surgoinsville 6:00<br/>29 @ Rush Strong 6:30<br/>vs = HOME • @ = AWAY</div> | <div>1</div> <div>BREAKFAST</div> <div>Sausage Biscuit, Fruit Cup, Milk</div> <div>LUNCH</div> <div>WG Bun, Spicy or Regular Chicken Patty, Baked Chips, Broccoli &amp; Cheese, Fresh Fruit, Milk</div>       | <div>2</div> <div>BREAKFAST</div> <div>Dutch Waffle, Fruit Cup, Milk</div> <div>LUNCH</div> <div>Chicken Tenders, WG Roll, Mashed Potatoes, Peas, Fresh Fruit, Milk</div>     | <div>3</div> <div>BREAKFAST</div> <div>French Toast Sticks, Fruit Cup, Milk</div> <div>LUNCH</div> <div>Philly Cheesesteak Sandwich, Fries, Onions, Peppers, Mushrooms, Fresh Fruit, Milk</div>                                                                                                                                                                                                                                                                                                                                                                                        | <div>4</div> <div>NO SCHOOL FOR STUDENTS</div> <div>TEACHER IN-SERVICE</div>                                                                                                       |
| <div>7</div> <div>LABOR DAY</div> <div>NO SCHOOL</div>                                                                                                                                                                                                                            | <div>8</div> <div>BREAKFAST</div> <div>Breakfast Pizza, Fruit Cup, Milk</div> <div>LUNCH</div> <div>Biscuits, Gravy, Eggs, Hashbrowns, Baked Apples, Fresh Fruit, Milk</div>                                  | <div>9</div> <div>BREAKFAST</div> <div>Bagels, Fruit Cup, Milk</div> <div>LUNCH</div> <div>Chicken Tenders, WG Roll, Mashed Potatoes, Ranch Carrots, Fresh Fruit, Milk</div>  | <div>10</div> <div>BREAKFAST</div> <div>WG Pancakes, Fruit Cup, Milk</div> <div>LUNCH</div> <div>Spaghetti, Breadstick, Green Beans, Fresh Fruit, Milk</div>                                                                                                                                                                                                                                                                                                                                                                                                                           | <div>11</div> <div>BREAKFAST</div> <div>Biscuit, Gravy, Eggs, Fruit Cup, Milk</div> <div>LUNCH</div> <div>WG Cheesy Garlic Bread, Potato Wedges, Broccoli, Fresh Fruit, Milk</div> |
| <div>14</div> <div>BREAKFAST</div> <div>Chicken Biscuit, Fruit Cup, Milk</div> <div>LUNCH</div> <div>Corn Dog, Mac &amp; Cheese, Green Beans, Fresh Fruit, Milk</div>                                                                                                             | <div>15</div> <div>BREAKFAST</div> <div>Bologna Biscuit, Fruit Cup, Milk</div> <div>LUNCH</div> <div>WG Bun, Hamburger or Cheeseburger, Fries, Fresh Fruit, Milk</div>                                        | <div>16</div> <div>BREAKFAST</div> <div>Banana Boats, Fruit Cup, Milk</div> <div>LUNCH</div> <div>Chicken Tenders, WG Roll, Mashed Potatoes, Peas, Fresh Fruit, Milk</div>    | <div>17</div> <div>BREAKFAST</div> <div>Waffles, Fruit Cup, Milk</div> <div>LUNCH</div> <div>Teriyaki Chicken, Lo Mein, Egg Roll, Fresh Fruit, Milk</div>                                                                                                                                                                                                                                                                                                                                                                                                                              | <div>18</div> <div>BREAKFAST</div> <div>Biscuit, Gravy, Sausage, Fruit Cup, Milk</div> <div>LUNCH</div> <div>Ham or Turkey Hoagie, Chips, Baked Beans, Broccoli, Milk</div>        |
| <div>21</div> <div>BREAKFAST</div> <div>Sausage Biscuit, Fruit Cup, Milk</div> <div>LUNCH</div> <div>WG Square Pizza, Curly Fries, Fresh Fruit, Milk</div>                                                                                                                        | <div>22</div> <div>BREAKFAST</div> <div>Pancake Sausage Wrap, Fruit Cup, Milk</div> <div>LUNCH</div> <div>WG Bun, Spicy or Regular Chicken Patty, Baked Chips, Broccoli &amp; Cheese, Fresh Fruit, Milk</div> | <div>23</div> <div>BREAKFAST</div> <div>Dutch Waffle, Fruit Cup, Milk</div> <div>LUNCH</div> <div>Chicken Tenders, WG Roll, Mashed Potatoes, Peas, Fresh Fruit, Milk</div>    | <div>24</div> <div>BREAKFAST</div> <div>French Toast Sticks, Fruit Cup, Milk</div> <div>LUNCH</div> <div>Chicken Alfredo, Breadstick, Broccoli, Fresh Fruit, Milk</div>                                                                                                                                                                                                                                                                                                                                                                                                                | <div>25</div> <div>BREAKFAST</div> <div>Biscuit, Gravy, Hashbrown, Fruit Cup, Milk</div> <div>LUNCH</div> <div>WG Cheesesticks, Potato Wedges, Broccoli, Fresh Fruit, Milk</div>   |
| <div>28</div> <div>BREAKFAST</div> <div>WG Breakfast Pizza, Fruit Cup, Milk</div> <div>LUNCH</div> <div>WG Bun, Hot Dog, Chili, Fries, Corn, Fresh Fruit, Milk</div>                                                                                                              | <div>29</div> <div>BREAKFAST</div> <div>Chocolate Donuts, Fruit Cup, Milk</div> <div>LUNCH</div> <div>Biscuits, Gravy, Eggs, Hashbrowns, Baked Apples, Fresh Fruit, Milk</div>                                | <div>30</div> <div>BREAKFAST</div> <div>Bagels, Fruit Cup, Milk</div> <div>LUNCH</div> <div>Chicken Tenders, WG Roll, Mashed Potatoes, Ranch Carrots, Fresh Fruit, Milk</div> | <div>HS VOLLEYBALL</div> <div>1 vs Eagleton 5:00 • 3 @ Cosby 6:00<br/>9 @ Eagleton 6:00 • 14 @ Cherokee 6:00<br/>15 @ Claiborne 5:00 • 16 @ Cumberland Gap 6:00<br/>21 @ Grainger 5:00 • 22 @ Pineville 6:00<br/>24 vs Cumberland Gap 6:00<br/>28 vs Pineville 6:00 (Senior Night)<br/>29 @ Middlesboro 6:00</div> <div>MS VOLLEYBALL</div> <div>3 @ Surgoinsville 5:00<br/>8 @ South Greene 5:00<br/>10 vs Rush Strong 5:00<br/>14 @ North Greene 5:00<br/>17 vs Rogersville Middle 5:00<br/>21 vs Rogersville City 5:00<br/>Conference Tournament TBA<br/>Cherokee High School</div> |                                                                                                                                                                                    |
| <div>DAILY SERVICE NOTES</div> <div>• 100% juice • 1% white milk with breakfast/lunch • 1% milk or water at snack • Daily salad bar</div>                                                                                                                                         |                                                                                                                                                                                                               |                                                                                                                                                                               | <div>ROTATING BREAKFAST CHOICES</div> <div>• Yogurt, WG cereals and fruit choices vary by availability</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                    |
| <div>NUTRITION FACTS</div> <div>• Vitamin C helps the body absorb iron from plant foods. • Whole grains provide fiber that supports healthy digestion. • Calcium and vitamin D work together to support strong bones and teeth.</div>                                             |                                                                                                                                                                                                               |                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                    |
| <div>✓ BREAKFAST OFFER vs. SERVE</div> <div>• Choose at least 3 of 4 items • Include ½ cup fruit or vegetable</div>                                                                                                                                                               |                                                                                                                                                                                                               |                                                                                                                                                                               | <div>✓ LUNCH OFFER vs. SERVE</div> <div>• Choose at least 3 of 5 components • Include ½ cup fruit or vegetable</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                    |