

OCTOBER 2023

Dawson Springs

This Institution is an equal opportunity provider

Monday

2
Chicken Tenders w/Roll or Buffalo Chicken Wrap, Tater Tots, Broccoli, Carrots w/Ranch, Fruit or Juice & Milk

Tuesday

3
Chicken Alfredo w/Garlic Bread, or Rib Sandwich, Peas & Carrots, Cali Veggies, Side Salad, Fruit or Juice & Milk

Wednesday

4
Chicken Fried Steak or Chicken Drumstick, Mashed Potatoes, Green Beans, Roll, Fruit or Juice & Milk

Thursday

5
Beef & Cheese Nachos or Mac & Cheese, Refried Beans, Fiesta Veggies, Lettuce/Tomato Cup, Fruit or Juice & Milk

Friday

6
Pizza or Corndog, Corn, Baby Carrots, Side Salad, Fruit or Sidekick, Cookie & Milk

9
Grilled Cheese or Rib Sandwich, Tater Tots, Broccoli, Coleslaw, Tomato Soup, Fruit, or Juice & Milk

10
Chicken Filet Sandwich or Spicy Chicken Sandwich, Baby Bakers, Glazed Carrots, Lettuce/Tomato, Fruit or Juice & Milk

11
Chicken Fried Steak or Meatloaf, Mashed Potatoes, Green Beans, Roll, Fruit or Juice & Milk

12
FALL BREAK

16
Chicken Nuggets or General TSO's Chicken w/Rice, Tater Tots, Stir Fry Veggies, Side Salad, Egg Roll, Roll, Fruit or Juice & Milk

17
Rotini w/Garlic Bread, or Meatball Sub, Baby Bakers, Corn on the Cob, Side Salad, Fruit or Juice & Milk

18
Chicken Fried Steak or Chicken Drumstick, Mashed Potatoes, Green Beans, Roll, Fruit or Juice & Milk

19
Chicken Fajita or Crispito w/Queso, Fiesta Veggies, Refried Beans, Salsa & Chips, Fruit or Juice & Milk

20
Pizza or Corndog, Corn, Baby Carrots, Side Salad, Fruit or Sidekick, Cookie & Milk

23
BBQ Sandwich or Hotdog, Tater Tots, Baked Beans, Coleslaw, Fruit or Juice & Milk

24
Lasagna w/Garlic Bread, or Calzone w/Marinara, Corn on the Cob, Broccoli, Side Salad, Fruit or Juice & Milk

25
Chicken Fried Steak or Turkey Roast, Mashed Potatoes, Green Beans, Roll, Fruit or Juice & Milk

26
Tacos or Chicken Quesadilla, Fiesta Veggies, Refried Beans, Salsa & Chips, Fruit or Juice & Milk

27
Pizza or Corndog, Corn, Baby Carrots, Side Salad, Fruit or Sidekick, Cookie & Milk

30
Chicken Tenders w/Roll or Buffalo Chicken Wrap, Tater Tots, Broccoli, Carrots w/Ranch, Fruit or Juice & Milk

31
Chicken Alfredo w/Garlic Bread, or Rib Sandwich, Peas & Carrots, Cali Veggies, Side Salad, Fruit or Juice & Milk

Daily Breakfast Items: Cereal, Poptarts, Fruit, Juice & Milk

Monday: Sausage Biscuit or Mini Pancakes
Tuesday: Breakfast Pizza or Cinnamon Roll
Wednesday: Egg & Cheese Biscuit or Mini Donuts
Thursday: Chicken Biscuit or Banana Bread
Friday: Sausage Pancake on a Stick

Daily Lunch Menu Items Include:

All of these options come with Vegetable, Fruit & Milk

Menu is subject to change without notice

Yogurt or Beef Sticks, String Cheese Stick, Muffin & Cheez-its
Ham & Cheese Sandwich
Ham or Turkey & Cheese Wrap
Pizza Lunchable
Chef Salad w/Roll