

## Coffee County Schools October Lunch

Some menu items are subject to change without notice.

You must select 3 to 5 of the following meal components: Milk, Fruit, Vegetable, Bread, and Meat. A fruit or vegetable must be one of your choices.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<sup>1</sup> BBQ Rib Sandwich Baked Beans Cole Slaw Fruit
<sup>4</sup> Chicken & Cheese Quesadilla/Salsa Refried Beans Mexicali Corn Fruit	<sup>5</sup> Chicken Stir Fry Steamed Broccoli Sliced Carrots Whole Grain Roll Fruit	<sup>6</sup> Sausage Dog Peppers/Onions Romaine Salad Baked Beans Fruit	<sup>7</sup> Chicken Sandwich Lettuce/Tomato Potato Wedges Celery Sticks Fruit	<sup>8</sup> Pizza Italian Salad Carrot Sticks with Ranch Fruit
<sup>11</sup> SCHOOL HOLIDAY	<sup>12</sup> Steak Nuggets Mashed Potatoes/Gravy Butter Beans Whole Grain Roll Fruit	<sup>13</sup> Spaghetti with Meat Sauce Mixed Vegetables Roasted Potatoes Garlic Whole Grain Toast Fruit	<sup>14</sup> Chicken Fajita Romaine Salad Black Bean Salsa Tortilla Chips Fruit	<sup>15</sup> Corn Dog Sweet Potato Fries Corn on the Cob Fruit
<sup>18</sup> Fish Nuggets Collard Greens Potato Wedges Hushpuppies Fruit	<sup>19</sup> Chicken Bites Black-eye Peas Orange Glazed Carrots Whole Grain Breadstick Fruit	<sup>20</sup> Walking Taco Lettuce/Tomato Black Bean Salsa Whole Kernel Corn Rice Krispies Treat Fruit	<sup>21</sup> Beef Tips Mashed Potatoes Green Beans Whole Grain Roll Fruit	<sup>22</sup> Sub Sandwich Romaine Salad Sliced Tomatoes Baked Chips Fruit
<sup>25</sup> Salisbury Steak Mashed Potatoes/Gravy English Peas Whole Grain Biscuit Fruit	<sup>26</sup> Burrito Refried Beans Whole Kernel Corn Romaine Salad Fruit	<sup>27</sup> Lemon Pepper Chicken Sweet Potato Broccoli with Cheese Whole Grain Roll Fruit	<sup>28</sup> BBQ Rib Sandwich Baked Beans Cole Slaw Fruit	<sup>29</sup> Cheeseburger Lettuce/Tomato Oven Fries Corn on the Cob Fruit

