

Monday

Tuesday

Wednesday

Thursday

Friday

Panther Sandwich **1**
Waffles
Fruit & Yogurt Parfait
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Sausage Gravy & Biscuit **2**
Bagel & Cream Cheese
Fruit & Yogurt Smoothie
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Chicken Biscuit **3**
Pancakes
Fruit & Yogurt Parfait
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Breakfast Pizza **4**
Egg & Cheese Burrito
Fruit & Yogurt Smoothie
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Sausage Biscuit **7**
French Toast Sticks
Fruit & Yogurt Smoothie
Assorted Muffin, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Panther Sandwich **8**
Waffles
**Breakfast Banana Split*
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Sausage Gravy & Biscuit **9**
Bagel & Cream Cheese
Fruit & Yogurt Smoothie
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Chicken Biscuit **10**
Pancakes
**Apple Cinnamon Nachos*
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Breakfast Pizza **11**
Egg & Cheese Burrito
Fruit & Yogurt Smoothie
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

14
No School Holiday

15
No School Parent Teacher Conferences

Sausage Gravy & Biscuit **16**
Bagel & Cream Cheese
Fruit & Yogurt Smoothie
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Chicken Biscuit **17**
Pancakes
Fruit & Yogurt Parfait
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Breakfast Pizza **18**
Egg & Cheese Burrito
Fruit & Yogurt Smoothie
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Sausage Biscuit **21**
French Toast Sticks
Fruit & Yogurt Smoothie
Assorted Muffin, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Panther Sandwich **22**
Waffles
**Breakfast Banana Split*
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Sausage Gravy & Biscuit **23**
Bagel & Cream Cheese
Fruit & Yogurt Smoothie
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Chicken Biscuit **24**
Pancakes
**Apple Crumble Parfait*
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Breakfast Pizza **25**
Egg & Cheese Burrito
Fruit & Yogurt Smoothie
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Sausage Biscuit **28**
French Toast Sticks
Fruit & Yogurt Smoothie
Assorted Muffin, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Panther Sandwich **29**
Waffles
Fruit & Yogurt Parfait
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Sausage Gravy & Biscuit **30**
Bagel & Cream Cheese
Fruit & Yogurt Smoothie
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk

Chicken Biscuit **31**
Pancakes
**Frankenstein Smoothie*
Assorted Muffins, Scones & Cereal w/ Yogurt
Fresh Fruit, Juice & Milk



Harvest of the Month is Apples.

Featured menu items are Apple Cinnamon Nachos (Sliced Apples, Yogurt Topped w/ Granola and Sprinkled w/ Cinnamon) and Apple Crumble Parfait (Apples, Yogurt & Granola) Frankenstein Smoothie for Halloween!

Monday	Tuesday	Wednesday	Thursday	Friday
	Buffalo Chicken Sliders 1 PB&J Sandwich Salad Bar , Baked Potato Broccoli & Potato Wedges Fresh Fruit , Juice & Milk	Beefy Mac & Cheese 2 PB&J Sandwich Salad Bar , Baked Potato Corn & Carrots Fresh Fruit , Juice & Milk	Asian Chicken & Pineapple Bowl w/ Fried Rice 3 PB&J Sandwich Salad Bar , Baked Potato Baked Beans & Cabbage Slaw Fresh Fruit , Juice & Milk	Chicken Nuggets & Roll w/ Panther Sauce , PB&J Sandwich 4 Salad Bar , Baked Potato Fries & Tomato Cucumber Salad Fresh Fruit , Juice & Milk
Chicken Fajitas w/ Local Peppers & Garlic 7 PB&J Sandwich Salad Bar , Baked Potato Broccoli & Refried Beans Fresh Fruit , Juice & Milk	French Toast Casserole 8 & Sausage Patty PB&J Sandwich Salad Bar , Baked Potato Succotash & Hash Brown Fresh Fruit , Juice & Milk	Spaghetti & Dinner Roll 9 PB&J Sandwich Salad Bar , Baked Potato Carrots & Side Salad Fresh Fruit , Juice & Milk	Tacos w/ Local Ground Beef & Salsa Verde 10 Apple Crisp , PB&J Sandwich Salad Bar , Baked Potato Corn & Potato Wedges Fresh Fruit , Juice & Milk	Crispy Chicken Sandwich 11 PB&J Sandwich Salad Bar , Baked Potato Fries & Tomato Cucumber Salad Fresh Fruit , Juice & Milk
No School Holiday 14	No School Parent Teacher Conferences 15	Sweet & Sour Chicken w/ Rice 16 PB&J Sandwich Salad Bar , Baked Potato Broccoli & Potato Wedges Fresh Fruit , Juice & Milk	Panther Burger w/ Bacon, Cheese, Lettuce, Tomato & Pickle, PB&J Sandwich 17 Salad Bar , Baked Potato Green Beans & Onion Rings Fresh Fruit , Juice & Milk	Chicken Tenders & Roll 18 PB&J Sandwich Salad Bar , Baked Potato Fries & Sweet Peas Fresh Fruit , Juice & Milk
BBQ Chicken & Cornbread 21 PB&J Sandwich Salad Bar , Baked Potato Green Beans & Sweet Potatoes Fresh Fruit , Juice & Milk	Tex Mex Bowl w/ Rice 22 PB&J Sandwich Salad Bar , Baked Potato Corn & Beans Fresh Fruit , Juice & Milk	Pasta Primavera Vegetarian 23 PB&J Sandwich Salad Bar , Baked Potato Roasted Broccoli Fresh Fruit , Juice & Milk	Sausage Gravy & Biscuits & Sausage Patty 24 Baked Apples , PB&J Sandwich Salad Bar , Baked Potato Carrots & Hash Brown Fresh Fruit , Juice & Milk	Pepperoni or Cheese Pizza 25 PB&J Sandwich Salad Bar , Baked Potato Fries & Tomato Cucumber Salad Fresh Fruit , Juice & Milk
Hot or Mild Crispy Chicken Sandwich 28 PB&J Sandwich Salad Bar , Baked Potato Green Beans & Sweet Potatoes Fresh Fruit , Juice & Milk	Chicken Alfredo & Garlic Knot 29 PB&J Sandwich Salad Bar , Baked Potato Corn & Broccoli Fresh Fruit , Juice & Milk	Boneless Wing Wednesday & Roll 30 PB&J Sandwich Salad Bar , Baked Potato Bell Peppers & Potato Wedges Fresh Fruit , Juice & Milk	Happy Halloween! 31 Macaroni and Cheese w/ Bread Stick, PB&J Sandwich Salad Bar , Baked Potato Fries & Carrots Fresh Fruit , Juice & Milk	



October is Farm to School Month! October 7-11 is Farm to School Week! National School Lunch Week is October 14-18. Harvest of the Month is Apples! The featured menu items are Apple Crisp and Baked Apples. Hispanic Heritage is September 15 – October 15 featuring Tacos w/ Local Ground Beef & Salsa Verde. October 10th is Crunch Heard Around the Commonwealth featuring FT Valley Farm Apples. Take a bite out of a fresh, Virginia grown apple! Try our new Panther Sauce!