

OCTOBER 2023

LUNCH MENU

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Southern Chicken/Spicy Chicken Sandwich Sidewinder Potatoes Lima Beans Peach Slices Assorted Milk	3 Steak Fingers Roll Mash potatoes & Gravy Glazed Carrots Chilled Pears Assorted Milk	4 Stuff Crust Pepperoni Pizza Corn on cob Apple Slices Assorted Milk	5 Hot wings Crinkle Cut Fries Roll Broccoli & Cheese Orange slices Assorted Milk	6 Nacho Grande w/trimmings sliced oranges corn Assorted Milk	7
8	9 Crispy chicken Tenders Mash Potatoes w/brown gravy Lima Beans Pineapple Tidbits Assorted Milk	10 Cheeseburger w/trimmings Frozen Fruit Cup Fries Green Beans Assorted Milk	11 Chicken Spaghetti Glazed Carrots Roll Frozen Fruit Cup Assorted Milk	12 CornDogs Fries Grapes Corn Assorted Milk	13 No School Homecoming	14
15	16 Professional Development	17 Hot wings Crinkle Cut Fries Roll Bake Beans grapes Assorted Milk	18 Cheesy Chicken over rice Mustard Greens Roll Peach Slices Assorted Milk	19 Ham and Cheese Hoagie w/trimmings Tator Tots Frozen Fruit Cup California Veggies Assorted Milk	20 Assorted Pizza Glazed Carrots Fruit Cup Assorted Milk	21
22	23 Nacho Grande w/trimmings sliced oranges Corn Assorted Milk	24 Chicken Spaghetti Green Peas Roll Pineapple Tidbits Assorted Milk	25 Chicken/Spicy Chicken Sandwich Sidewinder Potatoes Lima Beans Chilled Peach Slices Assorted Milk	26 CornDogs Fries Grapes Glazed Carrots Assorted Milk	27 Fish Friday Fish sticks Roll Fries Green Peas Chef Salad Fruit Cocktail Assorted Milk	28
29	30 Hot wings wedges Roll Broccoli & Cheese grapes Assorted Milk	31 Crispy chicken Tenders Mash Potatoes w/brown gravy Lima Beans Pineapple Tidbits Assorted Milk	1	<p>VARIETY LOW FAT MILK SERVE DAILY CONDIMENTS: MAYO, KETCHUP, BBQ SAUCE RANCH, MUSTARD, HONEY MUSTARD, SWEET AND SOUR SAUCE SALADS, TUNA, OR CHICKEN SALAD WILL BE OFFERED DAILY *ALL MANAGER'S CHOICE MEAL MUST BE AN USDA REIMBURSABLE MEAL.</p>		4

OCTOBER 2023

THIS MENU IS SUBJECT TO CHANGE
BASED
UPON AVAILABILITY

BREAKFAST MENU

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Breakfast Cinnamon Roll fruit yogurt juice Milk	3 Pancake on a Stick Fresh Fruit Cup Juice Milk	4 Cheese Toast Apple Slices Juice Milk	5 Assort Muffin Fruit Yogurt Juice Milk	6 Cereal/Cereal Bar Fresh Fruit Juice Milk	7
8	9 French Toast syrup banana juice Milk	10 Grits Egg Toast Juice Fresh Fruit Cup Milk	11 Assorted PopTarts Yogurt juice Milk	12 Waffle Sausage Syrup Fresh Fruit cup juice Milk	13 No School Homecoming	14
15	16 Professional Development	17 Breakfast Cinnamon Roll fruit yogurt juice Milk	18 Sausage Biscuit Fruit Freeze juice Milk	19 Breakfast Pizza Grapes juice Milk	20 Powdered/Chocolate Donuts Fresh Fruit Cup Juice Mozzarella Cheese Stick	21
22	23 Cheese Toast Apple Slices Juice Milk	24 Pancake on a Stick Fresh Fruit Cup Juice Milk	25 Assort Muffin Fruit Yogurt Juice Milk	26 Powdered/Chocolate Donuts Fresh Fruit Cup Juice Mozzarella Cheese Stick Milk	27 Cereal/Cereal Bar Fresh Fruit Juice Milk	28
29	30 Breakfast Pizza Grapes juice Milk	31 Grits sausage Toast Juice Fresh Fruit Cup Milk	1	2	3 LOW FAT MILK SERVE DAILY CONDIMENTS: Jelly and Syrup *ALL MANAGER'S CHOICE MEAL MUST BE AN USDA REIMBURSABLE MEAL.	4