

# October Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast Sausage Pizza Cinnamon Crunch Filled Pastry Fresh Fruit Cup Low Fat Milk	3 French Toast Sticks Bacon Strips Pancake Syrup Assorted Fruit Juices Low Fat Milk	4 Pancake Sausage Patty Scrambled Eggs Assorted Fruit Juices Low Fat Milk	5 Bacon, Egg, and Cheese Biscuit Assorted Fruit Juices Low Fat Milk	6 Ham Slice Hot Oatmeal Crispy Toast Assorted Fruit Juices Low Fat Milk
9 <b>No School</b>	10 Cheese Omelet Hot Grits Crispy Toast Assorted Fruit Juices Low Fat Milk	11 Cinnamon Rolls Bacon Strips Fresh Fruit Cup Low Fat Milk	12 Sausage and Biscuit Hot Grits Assorted Fruit Juices Low Fat Milk	13 Sausage & Pancake on a Stick Fresh Grapes Low Fat Milk
16 Chicken and Waffle Fresh Bananas Low Fat Milk	17 Bagel w/ Sausage & Gravy Sausage and Biscuit Fresh Fruit Cup Low Fat Milk	18 Chicken Patty & Biscuit Hashbrown Potatoes Assorted Fruit Juices Low Fat Milk	19 Waffles in a Bag Sausage Patty Fresh Strawberries Pancake Syrup Low Fat Milk	20 Breakfast Burrito Cinnamon Chex Cereal Fresh Grapes Low Fat Milk
23 Chicken Patty & Biscuit Fresh Nectarines Low Fat Milk Assorted Jellies	24 Assorted Cold Cereals Sausage Patty Assorted Fruit Juices Low Fat Milk	25 Crispy Toast Bacon Strips Hot Grits Assorted Fruit Juices Low Fat Milk	26 Crispy Toast Ham Slice Assorted Fruit Juices Low Fat Milk	27 Assorted Muffin Loaves Scrambled Eggs Fresh Peaches Low Fat Milk
30 Cheese Omelet Crispy Toast Fresh Fruit Cup Low Fat Milk	31 Bacon, Egg, and Cheese Biscuit Fresh Strawberries Low Fat Milk			<i>This institution is an equal opportunity provider.</i>



# October Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chili Dog Grilled Chicken Sandwich Crinkle Cut Fries Fresh Fruit Cup Tossed Salad w/ Dressing Low Fat Milk	3 Chicken Fajitas Corn on the Cob Fresh Fruit Cup Chicken Salad Salad Low Fat Milk	4 Red Beans and Rice with Sausage Southern Green Beans Yeast Roll Fresh Fruit Cup Garden Salad W/Dressing Low Fat Milk	5 Bacon Cheeseburger French Fries Baby Carrots w/ Dressing Fresh Fruit Cup Tuna Salad Salad Low Fat Milk	6 Meat Lovers Pizza Whole Kernel Corn Fresh Grapes Tossed Salad w/ Dressing Grilled Chicken Salad Low Fat Milk
9 No School 	10 Chicken Patty Sandwich Quick Baked Potato Steamed Fresh Broccoli Tossed Salad w/ Dressing Low Fat Milk  <i>National School Lunch Week</i> →	11 Beef Tips over Noodles California Veggies Yeast Roll Fresh Apples Tuna Salad with Crackers Low Fat Milk	12 Chicken Breast Tenders Macaroni and Cheese Green Peas Fresh Plums Garden Salad W/Dressing Yeast Roll Low Fat Milk →	13 Ham & Cheese on a Kaiser Bun Potato Salad Fresh Fruit Bowl Chicken Salad Salad Low Fat Milk
16 Hamburger Steak w/ Gravy Steamed Rice Southern Collard Greens Fresh Peaches Cornbread Chef Salad Low Fat Milk	17 Chicken Nuggets Mashed Potatoes with Cheese Peas and Carrots Yeast Roll Tossed Salad w/ Dressing Fresh Strawberries Low Fat Milk	18 Chili Cheese over Chips Chili Con Carne W/ Beans Saltine Crackers Corn on the Cob Chef Salad Fruit Slushes Low Fat Milk	19 Buffalo Hot Wings Breaded Mozzarella Sticks With Marinara Sauce Tater Tots Marinated Tomato and Cucumber Salad Tuna Salad Salad Fresh Plums Low Fat Milk	20 Sloppy Joe on Bun Tuna Salad with Crackers French Fries Mandarin Fruit Cup Low Fat Milk
23 Breaded Pork Chop Mashed Potatoes Pinto Beans Cornbread Fresh Fruit Cup Assorted Jellies Grilled Chicken Salad Low Fat Milk	24 Taco Salad with Chips Beef Taco with Soft Tortilla Corn on the Cob Tossed Salad w/ Dressing Rosey Applesauce Fresh Grapes Low Fat Milk	25 Chicken with Alfredo Sauce Herbed Broccoli Yeast Roll Chicken Salad Salad Fresh Melon Cubes Low Fat Milk	26 Barbecue Chicken Baked Beans Garden Salad W/Dressing Whole Wheat Garlic Toast Fresh Nectarines Low Fat Milk	27 Chicken Salad on Croissant Bun Classic Coleslaw Baked Ranch Fries Fresh Apples Chef Salad Low Fat Milk
30 Vegetable Soup and Sandwich Combo Fresh Fruit Bowl Cornbread Chef Salad Low Fat Milk	31 Cheeseburger Seasoned Potato Wedges Tomato Stuffed with Chicken Salad Fresh Fruit Cup Low Fat Milk			<i>This institution is an equal opportunity provider.</i>