

OCTOBER

2023

ELEMENTARY SCHOOL MENU

This institution is an equal opportunity provider. Menus are subject to change.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>2 Breakfast Muffin & Cheese Stick or Pop-Tart or Cereal & Graham</p> <p>Lunch Tomato Soup, Toasted Cheese Sandwich Baby Carrots Celery Sticks</p>	<p>3 Breakfast Mini Waffles or Pop-Tart or Cereal & Graham</p> <p>Lunch Chili Mac, Roll, Street Corn Broccoli Cup</p>	<p>4 Breakfast Sausage Biscuit or Pop-tart or Cereal & Graham</p> <p>Lunch Spaghetti & Meat Sauce Bread Stick, Side Salad, Peas & Carrots</p>	<p>5 Breakfast Yogurt & Grahams or Pop-Tart</p> <p>Lunch Cereal & Graham, Chicken Tenders, Waffle, Creamed Potatoes, Green Beans</p>	<p>6 Breakfast 2 oz. Cereal or Pop-Tart</p> <p>Lunch Hamburger, Cheeseburger, Chicken Sandwich Smiley Potatoes Trimming Baked Beans Cookie Day</p>
<p>Our Menus can be viewed on www.linqconnect.com And also on Rheacounty.org Sign up on Linq and add money to your students</p>	<p>“ “ “</p> <p>Fall Break Oct. 9 -13</p> 		<p>12</p>	<p>13</p> <p>WORD of the MONTH RESPONSIBILITY Being accountable in work & deed. Having a sense of duty to fulfill tasks with reliability, dependability & commitment.</p>
<p>16 Breakfast Apple Cinnamon Apple Toast Pop-Tart or Cereal & Graham</p> <p>Lunch Pizza Toasted Cheese Sandwich Corn, Roasted Carrots,</p>	<p>17 Breakfast Donut, Pop-tart or Cereal & Graham</p> <p>Lunch Pork Chop Patty, White Gravy Creamed Potatoes Steamed Carrots</p>	<p>18 Breakfast Chicken Biscuit, Pop-Tart or Cereal & Graham</p> <p>Lunch White Chicken Chili Cinnamon Roll Baby Carrots Broccoli Cup</p>	<p>19 Breakfast Yogurt & Graham, Pop-Tart Cereal & Graham</p> <p>Lunch Chicken Smackers Roll Creamed Potatoes Green Beans,</p>	<p>20 Breakfast Pop-Tart or 2 oz. Cereal</p> <p>Lunch Hamburger, Cheeseburger, Chicken Sandwich, Fries, Trimmings, Carrot/Cucumber Cup,</p>
<p>23 Breakfast Muffin & Cheese Stick, Pop-Tart or Cereal & Graham</p> <p>Lunch Garlic Cheese Toast, Marinara Sauce, Side Salad,, Fruit, Milk</p>	<p>24 Breakfast Mini Waffles, Pop-Tart, or Cereal & Graham</p> <p>Lunch Fish Nuggets, Hushpuppies, Pinto Beans, Cole Slaw Mac & Cheese</p>	<p>25</p> <p>No School Professional Development Day</p> 	<p>26 Breakfast Sausage Biscuit, Pop-Tart, or Cereal & Graham</p> <p>Lunch Chicken Nuggets, Roll, Creamed Potatoes, Green Beans,</p>	<p>27 Breakfast Yogurt & Graham, Pop-Tart, Cereal & Graham,</p> <p>Lunch Hamburger, Cheeseburger, Chicken Sandwich, Trimmings, Baked Beans, French Fries</p>
<p>30 Breakfast Mini Cini, Pop-Tart, or Cereal & Grahams,</p> <p>Lunch Pizza Toasted Cheese Sandwich Corn Baby Carrots</p>	<p>31 Breakfast Apple Frudel, Pop-Tart, or Cereal & Graham</p> <p>Lunch Mummy Dogs, Witches Broom Frankenstein Hair Orange Potion</p>	<p>1 Breakfast Chicken Biscuit or Pop-Tart, or Cereal & Graham</p> <p>Lunch Salisbury Steak Roll Creamed Potatoes Zucchini & Onions</p>	<p>2 Breakfast Yogurt & Graham or Pop-Tart or Cereal & Grahams</p> <p>Lunch Chicken Tenders Roll Creamed Potatoes Green Beans</p>	<p>3 Breakfast Pop-Tart, or 2 oz. Cereal</p> <p>Lunch Hamburger Cheeseburger Chicken Sandwich Trimmings Fries Baked Beans</p>

October 2 Menu planned by Graysville Elementary

National School Lunch Week
October 2—October 6

All Our Complete Meals Are Always **No Charge** With No Need To Submit An Application Thanks To The Community Eligibility Program!

PB & J Grab N Go Offered Daily When Available

Fruit, Fruit Juice and Milk Offered Daily With Each Breakfast

Fruit and Milk Offered Daily With Each Lunch

Join Us October 31 For a special Halloween Lunch



Local Farm To School!!!
Wednesday, Oct. 4
We will be using ground Beef from a local farmer
In Decatur