

## BREAKFAST

- 3 - BREAKFAST BAGEL & DICED PEACHES
- 4 - CHEESE QUESADILLA, SAUSAGE, & APPLE SQUEEZABLE
- 5 - BREAKFAST WRAP & FRUIT CUP
- 6 - CHEESE TOAST, SAUSAGE, EGG, & FRUIT CUP
- 7 - SAUSAGE BISCUIT & RAISINS
  
- 10 - NO SCHOOL
- 11 - FRENCH TOAST, SAUSAGE, & DICED PEACHES
- 12 - CHICKEN BISCUIT & FRUIT CUP
- 13 - PANCAKES ON A STICK & RAISINS
- 14 - STRING CHEESE, MUFFIN, & APPLE SQUEEZABLE
  
- 17 - CEREAL BAR, YOGURT, & FRUIT CUP
- 18 - GRITS, CHEESE OMELET, & FRUIT CUP
- 19 - BREAKFAST PIZZA & RAISINS
- 20 - WAFFLES, YOGURT, & DICED PEACHES
- 21 - POP TART, STRING CHEESE, & RAISINS
  
- 24 - CINNAMON ROLL, SAUSAGE, & DICED PEACHES
- 25 - BREAKFAST HOT POCKET, YOGURT, & RAISINS
- 26 - SAUSAGE BISCUIT & FRUIT CUP
- 27 - APPLE FRUDEL, YOGURT, & MIXED FRUIT CUP
- 28 - PANCAKES ON A STICK & PEACH CUP
  
- 31 - CHICKEN BISCUIT & APPLE SQUEEZABLE



MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.  
 ALL MEALS SERVED WITH 1% CHOCOLATE, STRAWBERRY,  
 OR REDUCED FAT WHITE MILK.  
 ALL MEALS SERVED WITH FRESH, FROZEN, OR CANNED  
 FRUIT & 100% FRUIT JUICE.

# OCTOBER

## BREAKFAST & LUNCH MENUS

# 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> BEEF TACOS BLACK BEANS CORN SHREDDED CHEESE RAISINS	<b>4</b> CHICKEN ALFREDO SLICED CARROTS ROMAINE & TOMATOES MIXED FRUIT CUP	<b>5</b> PIZZA CRUNCHER BITES GREEN BEANS SLICED CARROTS MANDARIN ORANGES	<b>6</b> OVEN ROASTED CRISPY CHICKEN WINGS GARDEN SALAD PEAS & CARROTS APPLESAUCE ROLL	<b>7</b> FISH PATTY ON BUN FRENCH FRIES GARDEN SALAD PICKLE SPEARS PEACH SLICES
<b>10</b> NO SCHOOL ----- TEACHER WORK DAY	<b>11</b> BBQ FAJITA VEGETARIAN BEANS COLE SLAW FRUIT CUP	<b>12</b> HAMBURGER TATER TOTS ROMAINE & TOMATOES PICKLES MANDARIN ORANGES	<b>13</b> SPAGHETTI CORN ON COB BREADSTICK RAISINS	<b>14</b> CORNDOG FRENCH FRIES SUGAR COOKIE APPLE SQUEEZABLE
<b>17</b> CHICKEN SANDWICH PICKLES SWEET GREEN PEAS FRENCH FRIES MIXED FRUIT CUP	<b>18</b> HAMBURGER TATER TOTS ROMAINE & TOMATOES MANDARIN ORANGES	<b>19</b> PIZZA POCKET DICED CARROTS RAISINS	<b>20</b> CHICKEN BITES VEGETARIAN BEANS ROLL FRENCH FRIES PEACHES	<b>21</b> CRISITOS CORN BLACK BEANS APPLESAUCE
<b>24</b> CHICKEN BITES WAFFLE GARDEN SALAD SWEET POTATOES RAISINS	<b>25</b> COUNTRY FRIED BEEF PATTY GRAVY MASHED POTATOES PEAS & CARROTS BREADSTICK BROWNIE FRUIT CUP	<b>26</b> CHICKEN FAJITA COLLARD GREENS BLACK-EYED PEAS APPLESAUCE RICE KRISPIE TREAT	<b>27</b> HAMBURGER TATER TOTS ROMAINE & TOMATOES PICKLES PINEAPPLE CHUNKS	<b>28</b> DELI SUB RAW BABY CARROTS CHERRY TOMATOES RICE KRISPIE TREAT
<b>31</b> HAMBURGER TATER TOTS ROMAINE & TOMATOES PICKLES PEACH SLICES				