

OCTOBER 2023

Quitman County Schools

LUNCH

QCS: Choice of milk, fruit, celery sticks, carrot sticks, and broccoli florets served with all meals
Head Start(HS): Milk and Fruit served with all meals
Elementary & Middle: Choice of PBJ Sandwich or Pizza or Entree
High School: Choice of Pizza or Entree or Pre-Packaged Salads or PBJ Sandwich
M/MA: Meat/Meat Alternate V: Vegetable G: Grain E: Extra

Quitman County School District does not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender, gender identity, age, religion, national origin, or disability in its programs, services, or activities—in access to them, in treatment of individuals, or in any aspect of their operations.

Offer Vs. Serve is a USDA approved form meal service established to help decrease plate waste and give more freedom of choice to students.

Quitman County Schools utilize Offer Vs. Serve at lunch

Menu Subject to Change

MONDAY

B.B.Q. Sandwich **2**
M/MA & G
Chips-G
Green Beans-V
Coleslaw-V-QCS Only

Sloppy Joe Sandwich **9**
M/MA & G
Onion Rings-V
Yams-V
Side Salad-V

No School Fall Break **16**

Chicken Fajita Nachos **23**
M/MA & G
Cilantro Lime Rice-G
Black Bean & Corn Salsa-V
Lettuce & Tomatoes-V

Cheese Sticks-M/MA & G **30**
Green Beans-V
Yams-V
Marinara Sauce-V
Cucumber & Tomato Salad V

TUESDAY

Orange Chicken-M/MA **3**
Rice-G
California Blend-V
Roll-V Corn-V
Green Peas-V-Head Start

Teriyaki Chicken Wings **10**
M/MA
Mashed Potatoes-V
Steamed Broccoli-V
Side Salad-V
Roll-G

General T'so Chicken **17**
M/MA
Rice Pilaf-G
Steamed Broccoli-V
Side Salad-V

Sub Sandwich **24**
M/MA & G
Lettuce & Tomatoes-V
Baked Beans-V
Coleslaw-V
Chips-G

Chili Cheese Hotdog **31**
M/MA & G
Fries-V Frozen Ice-E
Baked Beans-V
Coleslaw-V
Pizza-Head Start

WEDNESDAY

Corndogs-M/MA & G **4**
Hamburger-Head Start
Baked Beans-V
Chips-G
Potato Salad-V

Chicken & Noodle Soup **11**
M/MA & G
PBJ Sandwich-M/MA & G
Side Salad-V
Green Beans-V

Chicken & Cheese Burrito **18**
M/MA & G
Black Beans-V
Roasted Corn-V
Shredded Lettuce-V
Diced Tomatoes-V

Grits-G **25**
Egg Patty-M/MA
Sliced Ham-M/MA
Tater Tots-V
Biscuit-G

THURSDAY

Chicken & Dumpling **5**
M/MA & G
Black-Eye Peas-V
Side Salad-V
Steamed Carrots-V
Roll-G

Chicken Tenders-M/MA **12**
Fries-V
Baked Beans-V
Side Salad-V
Roll-G

Baked Chicken **19**
M/MA
Rice-V
Turnips-V
Black-Eye Peas-V

Chili-M/MA **26**
Baked Potato-V
Steamed Broccoli-V
Side Salad-V
Cinnamon Roll-G

FRIDAY

Chicken Sandwich **6**
M/MA & G
Lettuce & Tomatoes-V
Curly Fries-V
Steamed Broccoli-V

No School Fall Break **13**

Cheeseburger **20**
M/MA & G
Lettuce & Tomatoes-V
Sweet Potato Fries-V
Corn-V

Roasted Wings-M/MA **27**
Tri-Tater-V
Baked Beans-V
Roll-G
Side Salad-V

Georgia Harvest Of The Month Squash

(Summer, Winter, Pumpkin)

