

# OCTOBER | 2025

## Bracken County High School



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>29</b> Breakfast: Ham Croissant or Cinni Minis, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Hot Ham & Cheese on Bun, Broccoli, Cole Slaw, Fruit, Milk	<b>30</b> Breakfast: Breakfast Tornosos or Cinnamon Bagelful, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Pizza Sticks with Dipping Sauce, Mixed Green Salad, Corn, Fruit, Milk	<b>1</b> Breakfast: Biscuits & Gravy or Cherry Frudel, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Chicken Fajita, Refried Beans, Rice, Fruit, Milk	<b>2</b> Breakfast: Cinnamon Muffin or Cinnamon Roll, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Orange Chicken, Stir Fry Vegetables, Rice, Egg Roll, Fruit, Milk	<b>3</b> Breakfast: Doughnuts or Pop Tarts, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Pork Tenderloin on Bun, Carrots, Peas, Baked Lays, Fruit, Milk
<b>6</b> Breakfast: Sausage Biscuit or Cinni Minis, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Pork Riblet on Bun, Potato Wedges, Cole Slaw, Fruit, Milk	<b>7</b> Breakfast: Chicken Biscuit or Strawberry Bagelful, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Walking Tacos with Queso, Refried Beans, Corn, Fruit, Milk	<b>8</b> Breakfast: Pizza Bagel or Apple Frudel, Yogurt, Cereal, Fruit, Juice, Mil Lunch: Chili or Vegetable Beef Soup, Pimento Cheese or Peanut Butter Sandwich, Vegetable Sticks with Dip, Crackers, Fruit, Milk	<b>9</b> Breakfast: Chocolate Muffin or Cinnamon Roll, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Chicken Alfredo, Broccoli, Green Beans, Dinner Roll, Fruit, Milk	<b>10</b> Breakfast: Doughnut or Pop Tarts, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Philly Cheesesteak, Sauteed Peppers & Onions, Peas, Fruit, Milk
<b>13</b> Breakfast: Ham Croissant or Cinni Minis, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Chef Salad, French Fries, Broccoli, Fruit, Milk	<b>14</b> Breakfast: Breakfast Tornosos or Cinnamon Bagelful, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Pizza, Mixed Green Salad, Corn, Fruit, Milk	<b>15</b> Breakfast: Biscuits & Gravy or Cherry Frudel, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Chicken Tenders, Carrots, Green Beans, Cookie Bar, Fruit, Milk	<b>16</b> NO SCHOOL	<b>17</b> NO SCHOOL
<b>20</b> Breakfast: Sausage Biscuit or Cinni Minis, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Chicken Patty on Bun, French Fries, Broccoli, Fruit, Milk	<b>21</b> Breakfast: Chicken Biscuit or Strawberry Bagelful, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Pepperoni Calzone, Mixed Green Salad, Corn, Fruit, Milk	<b>22</b> Breakfast: Pizza Bagel or Apple Frudel, Yogurt, Cereal, Fruit, Juice, Mil Lunch: Chili or Chicken Noodle Soup, Pimento Cheese or Peanut Butter Sandwich, Vegetable Sticks with Dip, Crackers, Fruit, Milk	<b>23</b> Breakfast: Chocolate Muffin or Cinnamon Roll, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Salisbury Steak, Green Beans, Mashed Potatoes, Dinner Roll, Fruit, Milk	<b>24</b> Breakfast: Doughnut or Pop Tarts, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Fish on Bun, Macaroni & Cheese, Peas, Chips & Salsa, Fruit, Milk
<b>27</b> Breakfast: Ham Croissant or Cinni Minis, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Hot Ham & Cheese on Bun, French Fries, Cole Slaw, Fruit, Milk	<b>28</b> Breakfast: Breakfast Tornosos or Cinnamon Bagelful, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Pizza Sticks with Dipping Sauce, Mixed Green Salad, Carrots, Fruit, Milk	<b>29</b> Breakfast: Biscuits & Gravy or Cherry Frudel, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Chicken Fajita, Sauteed Onions & Peppers, Refried Beans, Rice, Fruit, Milk	<b>30</b> Breakfast: Cinnamon Muffin or Cinnamon Roll, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Loaded Baked Potato, Cup of Chili, Broccoli, Fruit, Milk	<b>31</b> Breakfast: Doughnuts or Pop Tarts, Yogurt, Cereal, Fruit, Juice, Milk Lunch: Pork Tenderloin on Bun, Buttered Potatoes, Peas, Fruit, Milk

**Hamburger on  
Bun is available  
as a second  
choice of entrée  
each day**

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To file a program discrimination complaint, a Complainant should complete the [USDA Program Discrimination Complaint Online Form \(AD-3027\)](#) found online at [How to file a Complaint](#), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (833) 256-1665 or (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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