

Menus for October 2023

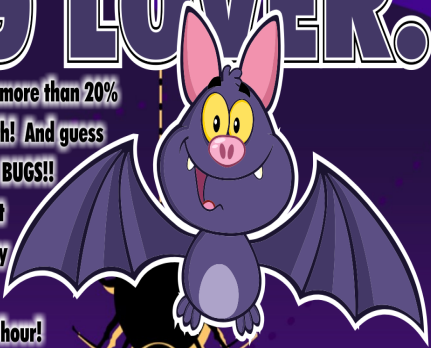
FANNIN COUNTY MIDDLE SCHOOL

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



BUG LOVER.

Bat species account for more than 20% of all mammals on earth! And guess what they love to eat? BUGS!! A single little brown bat can eat up to 600 creepy mosquitoes and other flying insects in just an hour!



ANIMAL APPETITES

BEAUTIFUL SWIMMER

The scientific name for the Chesapeake Bay Blue Crab translates to "beautiful swimmer." Maybe. But their eating habits are hardly pretty. They'll eat just about anything that they can get their claws on – including plants, worms, crustaceans, algae, and any dead stuff they can find in the water!



ANIMAL APPETITES

Featured Specials of the Day

Monday, October 2

Spaghetti w/ Meat Sauce & Garlic Toast, Retro Pepperoni Pizza, Munchbox Power Pack, Corn, Green Beans, Side Salad, Apple Juice, Peach Cup

Tuesday, October 3

Chicken Nuggets w/ Waffle, Griller Hamburger, Turkey Chef Salad, Creamed Potatoes, Gravy, Broccoli, Lettuce & Sliced Tomato, Fruit Punch, Blueberries w. Whipped Topping

Wednesday, October 4

Stuffed Crust Pizza, Beef Hot Dog, Munchbox Power Pack, Seasoned Potatoes Wedges, Baby Carrots, Side Salad, Orange Juice, Banana

Thursday, October 5

Beef & Cheese Nachos, Italian Bird Dog, Thai Chicken Salad, Roasted Spicy Sweet Potatoes, Black Beans, Lettuce & Diced Tomatoes, Apple Juice, Seasonal Fresh Fruit

Friday, October 6

Mac & Cheese w/ Buffalo Bites, Mac & Cheese w/ WG Roll, Munchbox Italiano or Power Pack, Corn, Side Salad, Fresh Veggie Dipper, Grape Juice, Pears

Available Daily

The "Rebel Munchbox" is a meal which includes a variety of proteins and cheese with a serving of whole grain. Students may add additional fruits & vegetables to complement the meal.

A choice of milk is available each day including non-fat unflavored, vanilla, and chocolate and 1% unflavored.

Si es necesario que esta información sea traducida en su idioma, por favor de comunicarse con la escuela de su hijo.

NO BONES ABOUT IT.



Touch the tip of your nose – that's what bones feel like without calcium. Bones that don't get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Scared Silly.



Why is it that many people love scary movies, haunted houses, and other spooky stuff? Fear is a primal emotion that supercharges our nervous systems. When we're in a situation where we know we were not truly in danger, we can experience the effects of fear – the rush of adrenaline and surge of endorphins – without risking any consequences, and even laugh ourselves silly about it!!

YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!



STAY ALERT & BE SAFE!

Featured Specials of the Day



Monday, October 9

Chili w/Tortilla Chips, Retro Sausage Pizza, Munchbox Power Pack
Baked Potato, Fresh Veggie Dippers, Corn,
Cheese Cup, Apple Juice, Strawberry Cup

Tuesday, October 10

Popcorn Chicken w/Roll, Griller Hamburger,
Turkey Chef Salad, Creamed Potatoes, Gravy, Broccoli,
Fresh Veggie Dippers, Fruit Punch Juice, Fresh Apple Slices

Wednesday, October 11

Cheesy Twiz Stick w/Marinara, Beef Hotdog, Munchbox Power Pack,
Tater Tots, Green Beans, Fresh Veggie Dippers, Orange Juice, Banana

Thursday, October 12

Chicken Fajita Nachos, Italian Bird Dog, Thai Chicken Salad,
Baked Sweet Potato, Corn, Side Salad, Apple Juice, Seasonal Fresh Fruit

Friday, October 13

Mac & Cheese w/ Beef Steak, Mac & Cheese w/ WG Roll,
Munchbox All American or Power Pack
Broccoli, Fresh Veggie Dippers, Side Salad, Grape Juice, Peaches

Monday, October 16

Chicken Filet Sandwich, Retro Pepperoni Pizza, Munchbox Power Pack,
Peas, Corn, Side Salad, Apple Juice, Peach Cup

Tuesday, October 17

Chicken Nuggets w/Waffle, Griller Hamburger, Turkey Chef Salad,
Creamed Potatoes, Gravy, Broccoli, Fresh Veggie Dippers,
Fruit Punch, Blueberries W/Whipped Topping

Wednesday, October 18

Cheese Pizza Bagel Bites, Beef Hotdog, Munchbox Power Pack, Fresh
Veggie Dippers, Baby Carrots, Side Salad, Orange Juice, Banana

Thursday, October 19

BBQ Pork Sandwich, Carolina Bird Dog, Thai Chicken Salad,
Seasoned Potato Wedges, Baked Beans, Side Salad, Pickles,
Apple Juice, Seasonal Fresh Fruit

Friday, October 20

Fish Sticks w/Macaroni & Cheese, Mac & Cheese w/ Roll,
Munchbox Italiano or Power Pack, Corn, Fresh Veggie Dippers,
Green Beans, Grape Juice, Pears

Featured Specials of the Day

Monday, October 23

Chicken Alfredo w/Breadstick, Retro Cheese Pizza,
Munchbox Power Pack, Corn, Green Peas, Side Salad,
Apple Juice, Strawberry Cup

Tuesday, October 24

Popcorn Chicken w/Rolls, Griller Hamburger,
Turkey Chef Salad, Creamed Potatoes, Gravy, Broccoli,
Lettuce & Sliced Tomato, Fruit Punch Juice, Fresh Apple Slices

Wednesday, October 25

Cheesy Twiz Stick w/Marinara, Beef Hotdog,
Munchbox Power Pack, Tater Tots, Baby Carrots, Side Salad,
Orange Juice, Banana

Thursday, October 26

Beef Taco Crunch Wrap & Cheese Cup, BBQ Bird Dog,
Sweet & Spicy Thai Chicken Salad
Fresh Veggie Dippers, Refried Beans, Side Salad,
Apple Juice, Seasonal Fresh Fruit

Friday, October 27

Griller Hamburger, Mac & Cheese w/ WG Roll,
Munchbox All American,
Munchbox Power Pack, Baked Sweet Potato,
Green Beans, Lettuce & Sliced Tomatoes, Grape Juice, Peaches

Monday, October 30

Chili w/ Tortilla Chips or Toasted Cheese Sandwich, Retro Pepperoni Pizza,
Munchbox Power Pack, Corn, Green Beans, Side Salad,
Apple Juice, Peach Cup

Tuesday, October 31

HAPPY HALLOWEEN

Chicken Nuggets w/Waffle, Griller Hamburger, Turkey Chef Salad,
Creamed Potatoes, Gravy, Broccoli, Fresh Veggie Dippers,
Fruit Punch, Blueberries w. Whipped Topping

**Please See Reverse For
Items Available Daily**