

Menus for October 2023

FANNIN COUNTY HIGH 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

Cheezy Twiz Sticks w/ Marinara, Southern Chicken Salad, California Blend, Celery Sticks, Popeyed Salad, Apple Juice, Peach Cup

Tuesday, October 3

Chicken Nuggets w/Roll, Ham Cobb Salad, Creamed Potatoes, Gravy, Broccoli, Side Salad, Fruit Punch, Blueberries w/ Whipped Topping

Wednesday, October 4

Chicken Fajitas w/ Queso Cheese, Thai Chicken Salad, Roasted Peppers, Charo Pinto Beans, Corn, Grape Juice, Banana

Thursday, October 5

Spaghetti & Meat Sauce w/Garlic Breadstick, Hawaiian Chicken Salad, Green Beans, Baby Carrots, Side Salad, Apple Juice, Seasonal Fresh Fruit

Friday, October 6

Mac & Cheese w/Cornbread, Mac & Cheese w/Fish Filet, Southwest Chicken Salad, Pinto Beans, Corn, Baked Sweet Potato, Apple Juice, Strawberry Cup

Available Daily

A Choice of Milk:

Fat Free—Chocolate, Vanilla, Strawberry
1%—White

Griller Hamburger Tuesday & Thursday

All Beef Hot Dog Monday & Friday

Stuffed Crust Pepperoni Pizza Monday, Wednesday & Friday

Regular Chicken Filet Sandwich
Tuesday and Thursday

Beef Steak Sandwich Wednesday

Students may add fruit, vegetable, & milk to any entrée to make a complete meal.

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



OCTOBER 9-13 | #NSLW23

Monday, October 9

Boom Boom Chicken Sub, Southern Chicken Salad,
Seasoned Potato Wedges, Corn, Popeyed Salad,
Apple Juice, Strawberry Cup

Tuesday, October 10

Popcorn Chicken w/Roll, Ham Cobb Salad,
Creamed Potatoes, Gravy, Steamed Broccoli, Black-eyed Peas,
Fruit Punch Juice, Fresh Apple Slices

Wednesday, October 11

Hawaiian Pulled Pork Bowl w/ Rice & HI Slaw, Thai Chicken Salad,
Fresh Veggie Dippers, Black Beans, Corn, Grape Juice, Banana

Thursday, October 12

Chicken Nachos, Turkey Deluxe Rebel Wrap
Black Beans, Cucumber Slices, Roasted Spicy Sweet Potatoes,
Jalapeno Cheese Sauce, Apple Juice, Seasonal Fresh Fruit

Friday, October 13

Buffalo Chicken Sandwich, Southwest Chicken Salad,
Tater Tots, Cole Slaw, Baked Beans, Grape Juice, Peaches

Monday, October 16

Crunchy Fish Tacos, Southern Chicken Salad,
Tater Tots, Mexican Slaw, Black Beans, Apple Juice, Peach Cup

Tuesday, October 17

Chicken Nuggets w/Roll, Ham Cobb Salad,
Creamed Potatoes, Gravy, Broccoli, Baby Carrots,
Fruit Punch, Blueberries w/ Whipped Topping

Wednesday, October 18

Chicken Alfredo w/Garlic Toast, Thai Chicken Salad,
California Blend, Peas, Side Salad, Orange Juice, Banana

Thursday, October 19

Soft Shell Beef Tacos, Hawaiian Chicken Salad,
Charro Pinto Beans, Popeyed Salad, Corn,
Cheese Cup, Apple Juice, Fresh Seasonal Fruit

Friday, October 20

Asian Dumplings w/ Fried Rice, Southwest
Chicken Salad, Oriental Veggie Blend, Cucumber Slices,
Side Salad, Apple Juice, Mandarin Oranges

Featured Specials of the Day

Monday, October 23

BBQ Pork Sandwich, Southern Chicken Salad, Cole Slaw, Baked Beans
Fresh Veggie Dippers,
Apple Juice, Strawberry Cup

Tuesday, October 24

Popcorn Chicken w/Roll, Ham Cobb Salad,
Creamed Potatoes, Gravy, Steamed Broccoli, Black-eyed Peas,
Fruit Punch Juice, Fresh Apple Slices

Wednesday, October 25

Soft Shell Beef Tacos, Thai Chicken Salad,
Refried Beans, Fresh Veggie Dippers, Corn,
Cheese Cup, Orange Juice, Banana

Thursday, October 26

Thai Chicken Bowl w/Asian Rice & Roll, Turkey Deluxe Rebel Wrap,
Oriental Vegetables, Sweet Potato, Popeyed Salad,
Apple Juice, Fresh Seasonal Fruit

Friday, October 27

Chili w/ Grilled Cheese Sandwich,
Southwest Chicken Salad,
Baked Potato, Corn, Fresh Veggie Dippers,
Grape Juice, Peaches

Monday, October 30

Cheezy Twiz Sticks w/ Marinara, Southern Chicken Salad,
California Blend, Celery Sticks, Popeyed Salad,
Apple Juice, Peach Cup

Tuesday, October 31

HAPPY HALLOWEEN

Chicken Nuggets w/Roll,
Ham Cobb Salad, Creamed Potatoes, Gravy, Broccoli,
Side Salad, Fruit Punch, Blueberries w/ Whipped Topping

**Please See Reverse For
Items Available Daily**