

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

Menus for OCTOBER 2024

Tuesday, October 1

Breakfast

Homemade Cinnamon
Roll or Breakfast Bar
Fresh Apple Slices
Fruit Juice

Lunch

Mandarin Orange Chicken
Steamed White Rice
Dumplings w/ Teriyaki
Vegetable Blend
Salad w/ Dressing
Fruit Gel Cup

Wednesday, October 2

Breakfast

Pizza Bagel or
Crescent Filled Bar
Chilled Peaches
Fruit Juice

Lunch

Jambalaya
Steamed Cabbage
Candied Yams
Garlic Dinner Roll
Chilled Peaches

TAKE A HIKE?

Lots of kids (and adults!) are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy - or take a hike!



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

Thursday, October 3

Breakfast

Cheese Omelet, Grits &
Sausage or
Breakfast Clusters
Banana
Fruit Juice

Lunch

Chicken Tenders
Cheesy Potatoes
Steamed Broccoli w/
Cheese
Texas Toast
Banana

Friday, October 4



NO
SCHOOL
TODAY...

Monday, October 7

Breakfast

Cereal Bar or
Pop Tarts
Fresh Orange Wedges
Fruit Juice

Lunch

Pizza Crunchers
Tator Tots
Garden Salad
Baked Beans
Fresh Orange Wedges



WHY WE SHOULD EAT VEGETABLES?

Loaded With Fiber

Improves Vision

Improves Glow on Skin

Protects From Heart Diseases

Reduces The Risk Of Cancer

Improves Immunity Power

Healthy Brain Functioning

Helps To Fight Inflammation

Helps To Improve Blood Pressure

Keeps Blood Sugar Level Under Control



Tuesday, October 8

Breakfast

Chicken Biscuit or
Breakfast Bar
Applesauce
Fruit Juice

Lunch

Nachos-Taco Meat
Golden Queso
Tortilla Chips
Salsa
Buttered Corn
Applesauce

Wednesday, October 9

Breakfast

Sausage, Egg & Cheese
Croissant or
Cereal
Raisins
Fruit Juice

Lunch

Popcorn Chicken Bites
Mashed Potatoes &
Gravy
Green Peas
Dinner Roll
Frozen Fruit Cup

Available Daily:

Every complete
meal we serve comes
with your choice of
milk!



Thursday, October 10

Breakfast

Muffin or Pancake or
Stick w/Syrup
Chilled Pears
Fruit Juice

Lunch

Taco Soup
Cheesy Rippinz
Salad w/Dressing
Chilled Pears

Friday, October 11

Breakfast

Breakfast Pizza or
Cinni Minis
Mandarin Oranges
Fruit Juice

Lunch

Crunchy Fish Sticks
Homemade Macaroni
& Cheese
Marinated Tomatoes
Steamed Broccoli
Mandarin Oranges

Monday, October 14

No School Today



Professional Day
for Our Teachers



NATIONAL SCHOOL LUNCH WEEK
OCTOBER 14-18, 2024

Tuesday, October 15

Breakfast

Chocolate Swirl or
 Tangi McGriddle
 Fruit Cocktail
 Fruit Juice

Lunch

Breaded Pork Chop
 Mashed Potatoes &
 Gravy
 Green Beans
 Dinner Roll
 Fruit Cocktail

Wednesday, October 16

Breakfast

Eggstravaganza &
 Biscuit or
 Iced Cinnamon Swirl
 Fresh Apple Slices
 Fruit Juice

Lunch

Sloppy Joe on Bun
 Tator Tots
 Marinated Tomatoes
 Fun Dip Apples

Thursday, October 17

Breakfast

Crunchmania or
 Chicken Biscuit
 Banana
 Fruit Juice

Lunch

Salisbury Steak/Gravy
 Mashed Potatoes
 Glazed Carrots
 Baked Beans
 Dinner Roll
 Banana

Friday, October 18

Breakfast

Pancake on Stick or
 Glazed Donut
 Chilled Peaches
 Fruit Juice

Lunch

Pizza
 Marinara Sauce
 Buttered Corn
 Peach Crisp

Monday, October 21

Breakfast

Sausage & Egg Biscuit
 or Muffin
 Mandarin Oranges
 Fruit Juice

Lunch

Teriyaki Beef Dippers
 Tator Tots
 Steamed Broccoli
 Baked Beans
 Dinner Roll
 Candy Corn Fruit

Tuesday, October 22

Breakfast

Breakfast Bar or
 Poffitz Pancake Bites
 Craisins
 Fruit Juice

Lunch

Walking Tacos
 Queso Cheese
 Salsa/Sour Cream
 Buttered Corn
 Frozen Fruit Cup

Wednesday, October 23

Breakfast

Cereal or
 Dutch Waffle
 Tropical Fruit
 Fruit Juice

Lunch

Baked Chicken
 Mashed Potatoes &
 Gravy
 Marinated Tomatoes
 Dinner Roll
 Tropical Fruit

Thursday, October 24

Breakfast

French Toast Sticks or
 Cinnamon Toast
 Crunch Bar
 Fresh Orange Wedges
 Fruit Juice

Lunch

Hamburger
 French Fries
 Lett/Tomato/Pickle
 Baked Apples



Friday, October 25

Breakfast

Egg Fiestada or
 Breakfast Pizza
 Applesauce
 Fruit Juice

Lunch

Chicken & Sausage Gumbo
 Steamed Rice
 Potato Salad
 Marinated Cucumbers
 Crackers
 Applesauce

Monday, October 28

Breakfast

Chicken Biscuit or
 Cereal Bar
 Pineapple Tidbits
 Fruit Juice

Lunch

Hot Dog on Bun w/
 Chili & Cheese
 Tater Tots
 Baked Beans
 Pineapple Tidbits

Tuesday, October 29

Breakfast

Homemade Cinnamon
 Roll or Breakfast Bar
 Fresh Apple Slices
 Fruit Juice

Lunch

Mandarin Orange Chicken
 Steamed White Rice
 Dumplings w/ Teriyaki
 Vegetable Blend
 Salad w/ Dressing
 Fruit Gel Cup

Wednesday, October 30

Breakfast

Pizza Bagel or
 Crescent Filled Bar
 Chilled Peaches
 Fruit Juice

Lunch

Jambalaya
 Steamed Cabbage
 Candied Yams
 Garlic Dinner Roll
 Chilled Peaches

Thursday, October 31

Breakfast

Cheese Omelet, Grits &
 Sausage or
 Breakfast Clusters
 Banana
 Fruit Juice

Lunch

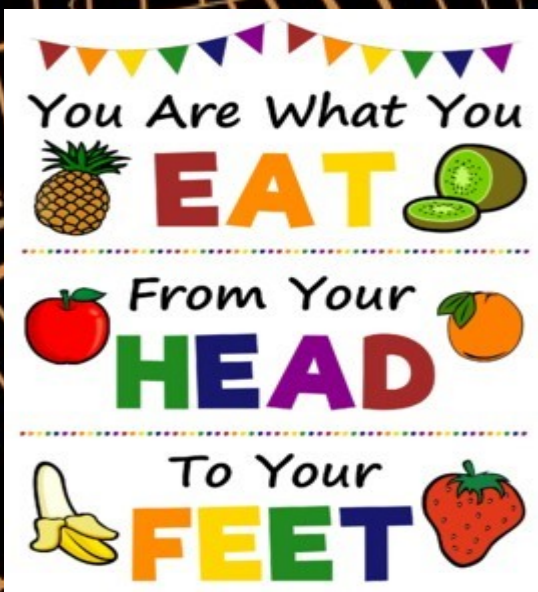
Chicken Tenders
 Cheesy Potatoes
 Steamed Broccoli w/
 Cheese
 Texas Toast
 Banana



5-12 Grade Sandwich Line Menu

Tuesday, October 1 BBQ Chicken Pizza	Wednesday, October 2 Ham & Cheese Melt	Thursday, October 3 Cheeseburger on Bun	Friday, October 4 	Monday, October 7 Breaded Chicken Sandwich	Tuesday, October 8 Stuffed Crust Pizza	Wednesday, October 9 BBQ Chicken on Bun
Thursday, October 10 Chili Cheese Baked Potato	Friday, October 11 Spicy Chicken Chunks	Monday, October 14 OFF Professional Development Day	Tuesday, October 15 Stuffed Crust Pizza	Wednesday, October 16 Taquitos	Thursday, October 17 Homemade Grilled Cheese Sandwich	Friday, October 18 Spicy Chicken Sandwich
Monday, October 21 Breaded Chicken Sandwich	Tuesday, October 22 Hot Roast Beef Sandwich	Wednesday, October 23 Hot Dog with Chili & Cheese	Thursday, October 24 Buffalo Chicken Pizza	Friday, October 25 Spicy Chicken Sandwich		
Monday, October 28 Popcorn Chicken Bites	Tuesday, October 29 BBQ Chicken Pizza	Wednesday, October 30 Ham & Cheese Melt	Thursday, October 31 Cheeseburger on Bun			

9-12 Grade Salad Line Menu Available on Tuesday's & Thursday's



Tuesday, October 1 Spicy Chicken Salad	Thursday, October 3 Chef Salad	Tuesday, October 8 Popcorn Chicken Salad	Thursday, October 10 Taco Salad	Tuesday, October 15 Spicy Chicken Salad
Thursday, October 17 Chef Salad	Tuesday, October 22 Popcorn Chicken Salad	Thursday, October 24 Taco Salad	Tuesday, October 29 Spicy Chicken Salad	Thursday, October 31 Chef Salad