

OCTOBER 2024: K-12 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
30 Pancakes, or Reduced Sugar Cereal & Graham Crackers	1 Mini Cinni's, or Reduced Sugar Cereal & Graham Crackers	2 Bacon & Cheese Croissant, or Reduced Sugar Cereal & Graham Crackers	3 Dunkin Stix, or Reduced Sugar Cereal & Graham Crackers	4 Lemon Bread, or Reduced Sugar Cereal & Graham Crackers
7 Pancake Pup, or Reduced Sugar Cereal & Graham Crackers	8 Belgian Waffle, or Reduced Sugar Cereal & Graham Crackers	9 Grits Bowl, or Reduced Sugar Cereal & Graham Crackers	10 Breakfast Parfait, or Reduced Sugar Cereal & Graham Crackers	11 Mini French Toast, or Reduced Sugar Cereal & Graham Crackers
14 Cinnamon Toast Soft Bar, or Reduced Sugar Cereal & Graham Crackers	15 Muffin & Yogurt, or Reduced Sugar Cereal & Graham Crackers	16 Scrambled Eggs & Biscuit, or Reduced Sugar Cereal & Graham Crackers	17 Chicken & Waffle Sandwich, or Reduced Sugar Cereal & Graham Crackers	18 Dutch Waffles, or Reduced Sugar Cereal & Graham Crackers

All breakfasts offered with choice of 100% Fruit Juice, Fresh Fruit. Milks offered include Skim, Low-Fat Plain or Low-Fat Flavored. Menus subject to change based on availability.

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21	22	23	24	25
Honey Bun, or Reduced Sugar Cereal & Graham Crackers	Pop Tarts, or Reduced Sugar Cereal & Graham Crackers	Sausage Biscuit, or Reduced Sugar Cereal & Graham Crackers	Lemon Blueberry Scone, or Reduced Sugar Cereal & Graham Crackers	Chocolate Crescent, or Reduced Sugar Cereal & Graham Crackers
28	29	30	31	1
Donut Holes, or Reduced Sugar Cereal & Graham Crackers	Yogurt Smoothie & Grahams, or Reduced Sugar Cereal & Graham Crackers	Hash Brown Bowl, or Reduced Sugar Cereal & Graham Crackers	Breakfast Pizza, or Reduced Sugar Cereal & Graham Crackers	Cinnamon Rolls, or Reduced Sugar Cereal & Graham Crackers

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OCTOBER K-12 LUNCH. Harvest of the Month is Squash and we Celebrate Parsley!

All Lunches are offered with a choice of Skim, Low-Fat Plain or Low-Fat Flavored. Menus subject to change based on availability.

Monday	Tuesday	Wednesday	Thursday	Friday
30 Cheeseburger on Bun, or Turkey & Cheese Sub Tater Tots Turnip Greens Pineapple Blueberry Crisp Fresh Strawberries	1 The Return of The Mac n' Cheese, or PB&J Uncrustables/Sunbutter(Peanut Free), or Vegetarian Chef Salad Carrots with Hummus Summer Squash Romaine Salad Sliced Peaches Fruit Cocktail Fresh Apples	2 Personal Pizza, or Blueberry & Strawberry Yogurt Parfait Sweet Potato Broccoli & Cheese Sliced Pears Strawberry Applesauce Fresh Grapefruit	3 Smothered Chicken, or Chicken Caesar Salad Yellow Rice Garlic Green Beans Fresh Parsley Carrots Sliced Peaches Cool Tropics Fruit Slush Fresh Oranges	4 Fish Strips, or Hamn & Cheese Sub Cheesy Grits Baked Beans Butternut Squash Sour Raisins Pineapple Fresh Bananas Rice Krispy Treat
7 Meatball Power Bowl, or Ranch Chicken Chef Salad Texas Toast Mashed Potatoes Whole Kernel Corn Fruit Cocktail Peaches & Cream Fresh Plums	8 General Tso's Chicken, or Twin Egg Rolls Fried Rice Honey Roasted Broccoli Soy Glazed Carrots Frozen Strawberry Cup Pineapple Fresh Grapes	9 Pizza Slice, or Turkey & Cheese Sub Parsley Carrots Tomato Basil Zucchini Pears with Cherries Sliced Peaches Fresh Apples	10 Chicken Tenders, or Buffalo Chicken Wrap Parsley Garlic Biscuit Garlic Green Beans Sweet Potato Waffle Fries Fruit Cocktail Sour Raisins Fresh Nectarines	11 STAFF PLANNING DAY
14 NATIONAL SCHOOL LUNCH WEEK "School Lunch Pirate's, Find Your Treasure" FALL BREAK	15 Black Beards BBQ Chicken, or Chef Salad with Ham & Cheese Mutiny Mac n' Cheese Turnip Greens Parsley Carrots Fruit Cocktail Sour Raisins Strawberries & Kiwis	16 Pirate's Plank Pizza, or Warm Ham & Seas of Swiss Cheese Croissant Butternut Swashbuckling Squash Ranch Beans Pears with Cherry Cannonballs Sliced Peaches Fresh Apples	17 Peppered Pirate Wings, or Blueberry & Strawberry Yogurt Parfait Fresh Parsley Pasta Salad Cauliflower & Cheese Garlic Green Beans Pineapple Cool Tropics Fruit Slush Fresh Oranges	18 Seafood Treasure Box with Hush Puppies, or Turkey & Cheese Sub Corn on the Cob Sweet Potato Waffle Fries Fruit Cocktail Cinnamon Applesauce Fresh Bananas

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Sloppy Joe on Bun, or Ham & Cheese Sub	Chicken & Waffles, or Peanut Butter & Jelly Uncrustables	Personal Pizza, or Turkey & Cheese Sub	Fresh Parsley Penne Alfredo with Chicken, or Chicken Caesar Salad	Battered Fish Wedge, or Cheesy Pull-Apart
Buffalo Sidewinders Broccoli & Cheese Pineapple Sliced Pears Fresh Plums	Sweet Potato Spinach & Bacon Salad Sour Raisins Peaches & Cream Fresh Grapefruits	Parsley Carrots Red Beans Blueberry Crisp Applesauce Fresh Grapes	Garlic Knot Roasted Baby Sweet Peppers Herbed Broccoli Fruit Cocktail Cool Tropics Fruit Slush Fresh Apples	Green Peas Baked Fries Sliced Peaches Sliced Pears Fresh Bananas Pumpkin Fluff
28	29	30	31	1
Walking Taco with Beef, or Chicken Fajita salad with Tortilla Chips	Chicken Filet on Bun, or Ham & Cheese Sub	Pizza Slice, or Warm Turkey & Cheese Croissant	Mean Green Fresh Parsley Hollo-Wings with Corn Crunch, or Buffalo Chicken Chef Salad	Hot Dog on Bun, or Yogurt, Cheese & Fruit Plate
Black Beans & Salsa Romaine Salad Cinnamon Applesauce Pineapple Fresh Cantaloupe	Garlic Green Beans Tater Tots Fruit Cocktail Peach Crisp Fresh Plums	Roasted Squash Medley Parsley Carrots Sliced Pears Pineapple with Cherries Fresh Oranges	Breadstick Roasted Baby Sweet Peppers Broccoli & Cheese Halloween Fruit Ice Sliced Peaches Fresh Apples	Sweet Potato Waffle Fries Baked Beans Fruit Cocktail Sour Raisins Fresh Bananas

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National school Lunch Week runs from October 14th through October 18th. The Theme is "School Lunch Pirate's, Find Your Treasure".

All students who eat school lunch each day during National School Lunch Week will receive Pirate Tickets.

collect all 3 Pirate tickets & receive a Free Dessert on Friday October 18th.

