

# Appling County Middle School

# LUNCH MENU

**October 2024**

**MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY**

**Tuesday, October 1—Friday, October 4**

|  |  |   |   |   |
|--|--|---|---|---|
|  | Beef Taco with Tostito Chips<br>Queso Dip/Lettuce/Tomato<br>Cheese/Sour Cream/Salsa<br>Refried Beans<br>Whole Kernel Corn<br>Fruit Choices | Chicken Alfredo with<br>Garlic Breadstick<br>Steamed Broccoli<br>Roasted Carrots<br>Fruit Choices | Hamburger Steak with Gravy,<br>Sautéed Onions, and Roll<br>Mashed Potatoes<br>Okra Bites<br>Fruit Choices | Crispy Chicken Sandwich<br>Seasoned Fries<br>Green Beans<br>Fruit Choices<br>Cookie |
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**Monday, October 7—Friday, October 11**

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|---|--|--|---|---|
| Crispy Chicken Tenders w/<br>Honey Mustard Sauce<br>Fresh Baked Roll<br>Mashed Potatoes<br>Green Beans<br>Fruit Choices | Hamburger with Bun<br>Lettuce/Tomato<br>Emoji Potatoes<br>Baked Beans<br>Fruit Choices | Pepperoni and Cheese Pizza<br>Whole Kernel Corn<br>Baby Carrots with Ranch<br>Vanilla Pudding Cup<br>Fruit Choices | Grilled Chicken Sandwich<br>Lettuce/Tomato<br>Steamed Broccoli<br>Baked Sweet Potato Fries<br>Fruit Choices | Corndog<br>Coleslaw<br>Tater Tots<br>Chocolate Chip Cookie<br>Fruit Choices |
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**Monday, October 14—Friday, October 18 National School Lunch Week: #NSLW24**

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| Popcorn Chicken with<br>Macaroni and Cheese<br>Field Peas<br>Squash Casserole<br>Glazed Sweet Potatoes<br>Fruit Choices | Chicken Wings<br>Loaded Baked Potato<br>Green Beans<br>Celery Sticks with Ranch<br>Fruit Choices<br>Apple Cobbler | Cheesy Penna Pasta<br>Garlic Knot<br>Fresh Garden Salad<br>Whole Kernel Corn<br>Fruit Choices | Oven Roasted Chicken w/ Roll<br>Mashed Potatoes with Gravy<br>Black—Eyed Peas<br>Fruit Choices<br>Pumpkin Spice Cake | Wild Mike's Cheese Bites<br>Marinara Sauce Cup<br>Whole Kernel Corn<br>Fresh Garden Salad<br>Fruit Choices |
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**Monday, October 21—Friday, October 25**

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| Popcorn Chicken Bites with<br>Cornbread Muffin<br>Field Peas<br>Candied Sweet Potatoes<br>Fruit Choices | Chicken Fajita Nachos<br>Sautéed Bell Peppers & On-<br>ions Sour Cream/Salsa/Queso<br>Black Beans<br>Fruit Choices | Chicken Sliders<br>Seasoned Fries<br>Steamed Broccoli<br>Fruit Choices<br>Cookie | Spaghetti with<br>Garlic Breadstick<br>Fresh Garden Salad<br>Whole Kernel Corn<br>Fruit Choices | BBQ Sandwich<br>Potato Salad<br>Green Beans<br>Fruit Choices<br>Rice Krispy Treat |
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**Monday, October 28—Friday, November 1**

|   |  |  |   |   |
|---|--|--|---|---|
| Crispy Chicken Tenders w/<br>Honey Mustard Sauce<br>Fresh Baked Roll<br>Mashed Potatoes<br>Green Beans<br>Fruit Choices | Hamburger with Bun<br>Lettuce/Tomato<br>Emoji Potatoes<br>Baked Beans<br>Fruit Choices | Pepperoni and Cheese Pizza<br>Whole Kernel Corn<br>Baby Carrots with Ranch<br>Vanilla Pudding Cup<br>Fruit Choices | Grilled Chicken Sandwich<br>Lettuce/Tomato<br>Steamed Broccoli<br>Baked Sweet Potato Fries<br>Fruit Choices | Corndog<br>Coleslaw<br>Tater Tots<br>Chocolate Chip Cookie<br>Fruit Choices |
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Student meals are served at no charge.  
Extra items and 2nd meals must be paid for  
at the point of service with cash or by using  
credit from the student's meal account.  
Charges are not allowed.  
Adult Meal Price: \$4.75

2nd Entrée Choice Offered Daily with Side  
Items

Ham & Cheese Sandwich M/W/F  
Chicken Tender Salad T/R

A variety of fruits and veggies are  
offered daily.

Students must select a fruit or  
vegetable at lunch.

Milk Choices Offered Daily

Harvest of the Month:

October is all about Squash and

Pumpkins!



• MENU SUBJECT TO CHANGE •

Appling County School Nutrition Program

Visit the Appling County School Nutrition website for Nutrition Education and Wellness resources!