

OCTOBER | 2024

Cumberland Gap High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	1 Turkey Mashed Potato Green Beans Roll	2 Deli Sub Combo (Turkey, Ham, Cheese) Onion Rings Pasta Salad	3 Crispito Queso Cheese Mexican Rice Corn Sour Cream Salsa	4 Popcorn Chicken Potato Wedges Mac N Cheese
7 Orange Chicken Spring Roll Rice Cookie	8 Baked Spaghetti Green Beans Baby Potatoes Bread Stick	9 Buffalo Chicken Fries Garlic Biscuit	10 Chicken Tenders Mashed Potato Peas Breadstick	11 Chicken Wings Loaded Mashed Potato Bread Stick Cookie
14 Fall Break	15 Fall Break	16 Fall Break	17 Fall Break	18 Fall Break
21 Mini Corn Dogs Fries Cookie	22 Chicken Nuggets Green Beans Mac N Cheese Garlic Biscuit	23 Hot Dog On Bun Chili Baked Beans Slaw	24 Beef Nacho Queso Cheese Salsa/Sour Cream Spanish Rice	25 Chicken Wing Loaded Mashed Potato Bread Stick Cookie
28 Beef Bites Fried Rice Spring Roll Cookie	29 Turkey Mashed Potato Green Beans Roll	30 Deli Sub Combo (Turkey, Ham, Cheese) Onion Rings Pasta Salad	31 Crispito Queso Cheese Mexican Rice Corn Sour Cream Salsa Happy Halloween!!	Breakfast Pick 1 Option Mon: Steak Biscuit/ Cereal /Toast/Powdered Donut Holes Tues:Chicken Biscuit/Cereal/Toast/Honeybun Wed: Breakfast Pizza /Cereal/Toast/Strawberry Bagel Thursdays- Bacon Biscuit/ Cereal /Toast /Blueberry Donut Holes Fridays-Sausage Biscuit/Gravy/Cereal w/Toast /Mini Cinni

News

Daily Sandwich Options
Hamburger
Cheeseburger
Chicken Sandwich

Daily Pizza Options
Pepperoni
Cheese
BBQ Chicken
Buffalo Chicken
Mike Bites w/Sauce

Grab and Go Option
PBJ Meal Box

Juice offered at breakfast daily

Chocolate, Strawberry or white milk served daily at breakfast and lunch

Daily Salad Bar at Lunch

Menu subject to change. This institution is an equal opportunity provider.