

OCTOBER 2024

BREAKFAST



Yogurt Parfaits, Assorted Cereal, Fresh fruit,
Assorted Milk and juice available daily.



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Bagels W/ Cream Cheese

2 Chicken Biscuit

3 Strawberry French Toast Bake

4 Breakfast Tacos

5 Grits w/Cheese & sausage

6 Assorted Frudels
(Cream & fruit filled Bagels)

7 Egg & Cheese Biscuit

8 Whole Grain Pancakes

9 Sausage & English Muffin

10 Grits w/Cheese & Sausage

11 Assorted Whole Grain
Muffin

12 Sausage Biscuit

13 Whole Grain French Toast

14 Breakfast Hash

15 Grits W/ Cheese & Sausage

16 Breakfast Smoothie

17 Bacon Egg & Cheese Croissant

18 Whole Grain Cinnamon Roll

19 Pancake sausage Wrap

20 Grits W/ Cheese & Sausage

21 Bagels W/ Cream
Cheese

22 Chicken Biscuit

23 Blueberry French Toast Bake

24 Pancake Sausage Wrap



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LUNCH



An assortment of fresh veggies, fruit, flavored milk, Uncrustables, and yogurt served daily.

Fresh made wraps and salads are also available.



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



1

Beef Soft Tacos
Mexican Street Corn
Chicken Nuggets w/Roll

2

Pasta Bolognese
Bosco Sticks w/Marinara
Southern Style Green Beans

3

Mandarin Orange Chicken
Fried Brown Veggie Rice
Garlic Parm Popcorn Chicken
Stir Fry Vegetables

4

Fresh Baked Pepperoni OR
Cheese Pizza
Roasted Broccoli
Side Caesar Salad

7

Crispy Chicken Nuggets
Chicken Sandwich
Brown Sugar Baked Beans
Side Salad

8

Chicken Quesadilla
Buffalo Chicken Bites w/Roll
Refried Beans

9

Meaty Baked Ziti
Bosco Stick w/ Marinara
Capri Vegetable Blend
Side Salad

10

Patty Melt
Hot Dog
Seasoned Spiral Fries
Roasted Corn

11

Side Salad
Chicken Wings W/Roll
Broccoli w/Cheese

Turkey and Cheese Sub

14

Crispy Chicken Sandwich
Sweet Potato fries
Corn Dog Nuggets

15

Burrito Bowl
Chicken Tenders W/ Roll
Ranchero Pinto Beans

16

Chicken Alfredo
Bosco Stick w/ Marinara
Side Caesar Salad
Roasted Capri blend

17

Chicken Gyro
Green Peas W/ Pearl Onions
Chicken Nuggets

18

Fresh Baked Cheese or
Pepperoni Pizza
Roasted Pablano Corn
Side Salad

21

Hamburger
Cheeseburger
Corn Dog Nuggets
Waffle Fries

22

Nachos
Black Beans
Teriyaki Popcorn Chicken W/
Roll

23

Macaroni and Cheese
Chicken Tenders
Bosco Sticks
Roasted Broccoli

24

Chicken Potpie
Spicy Chicken Sandwich
Glazed Carrots

25

Chicken Wings
Roasted Zucchini
Side Salad

28

Corn Dog Nuggets
Chicken Nuggets
W/
Roll

29

Beef Soft Tacos

30

Pasta Bolognese

31

Mandarin Orange Chicken

