

MES Breakfast

Cafeteria Manager: Ashley Thomas, 706-862-6036
School Nutrition Director: Brandie Wooten, 706-859-3054

OCTOBER 2026

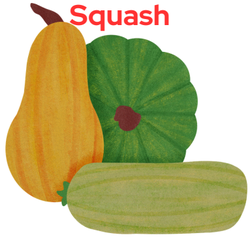
Michigan produces the highest total weight, approximately 150 to 160 million pounds of squash per year. California ranks 2nd in squash production, yielding a large variety of squash such as zucchini and butternut. Florida leads the U.S. in harvested acreage for squash and summer squash production, while New York, Oregon, and Georgia contribute large quanitities to the national supply of squash.

Tue	Wed	Thu	Fri
		1 Pancakes w/ Syrup (1, 2, 4, 5) OR Cereal w/ Toast (4, 5) Assorted Juice & Assorted Fruit Choice of Milk (1)	2 Gravy Biscuit w/ Sausage (1, 2, 4, 5) OR Cereal w/ Toast (4, 5) Assorted Juice & Fruit Choice of Milk (1)
6 FALL BREAK	7 FALL BREAK	8 FALL BREAK	9 FALL BREAK
13 Sausage Biscit (1, 4, 5) OR PB&J w/ String Cheese (1, 3, 5) Assorted Juice & Fruit Choice of Milk (1)	14 Chicken Biscuit (1, 4, 5) OR Muffin w/ Yogurt (1, 2, 4, 5) Assorted Juice Assorted Fruit Choice of Milk (1)	15 French Toast w/ Syrup (1, 2, 4, 5) OR Cereal w/ Toast (4, 5) Assorted Juice & Assorted Fruit Choice of Milk (1)	16 Gravy Biscuit (1, 2, 4, 5) OR Bacon, Egg, Chz Biscuit (1, 2, 4, 5) Assorted Juice & Fruit Choice of Milk (1)
20 Sausage Biscuit (1, 4, 5) OR Apple Strudel (5) Assorted Juice Assorted Fruit Choice of Milk (1)	21 Chicken Biscuit (1, 2, 4, 5) OR Cinna-Minis (5) Assorted Juice Assorted Fruit Choice of Milk (1)	22 Pancake w/ Syrup (1, 2, 4, 5) OR Cereal w/ Toast (4, 5) Assorted Juice & Fruit Choice of Milk (1)	23 Gravy Biscuit (1, 2, 4, 5) OR Cereal w/ Toast (4, 5) Assorted Juice & Fruit Choice of Milk (1)
27 Sausage Biscuit (1, 4, 5) OR Scone w/ Yogurt (1, 4, 5) Assorted Juice Assorted Fruit & Choice of Milk (1)	28 Chicken Biscuit (1, 4, 5) OR Cereal w/ Toast (4, 5) Assorted Juice & Assorted Fruit Choice of Milk (1)	29 Pancakes w/ Syrup (1, 2, 4, 5) OR Cereal w/ Toast (4, 5) Assorted Juice & Assorted Fruit Choice of Milk (1)	30 Gravy Biscuit (1, 2, 4, 5) OR Bacon, Egg, Chz Biscuit (1, 2, 4, 5) Assorted Juice & Fruit Choice of Milk (1)

Notes



Harvest of the Month: Squash



Some menu items may contain allergens. The following will be used to indicate the presence of allergens in foods:

(1) Milk (2) Egg (3) Peanut (4) Soy (5) Wheat (6) Tree Nut (7) Shellfish (8) Fish (9) Sesame

Chattooga County School District is participating in CEP (Community Eligibility Provision). All students eat at no charge to families. However, there *is* a charge for extra items and snack items. To add money to your student's account, visit www.linqconnect.com

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