MES Lunch

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

OCTOBER 2026

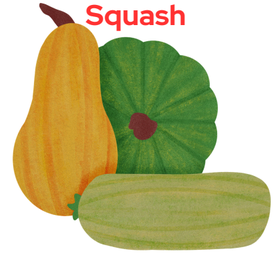
October is officially Farm to School Month across the state of Georgia. This initiative is heavily promoted by GaDOE to educate children and families of the importance of choosing healthy foods.

Tue	Wed	Thu	Fri
		1 Chicken Chunks (1, 5) OR Spicy Chunks (1, 5) Mac n' Cheese (1, 2, 5) Baked Beans Fruit & Choice of Milk (1)	2 PB&J w/ String Cheese (1, 3, 5) OR Turkey/Ham Sandwich (1, 5) Veggie Cup w/ Ranch (1, 2) Snack Pack Carrots & Chips (1, 4) Fruit & Choice of Milk (1)
6 FALL BREAK	7 FALL BREAK	8 FALL BREAK	9 FALL BREAK
13 Taco Salad (4) OR Cowboy Nachos (1, 4) Refried Beans & Corn Fruit & Choice of Milk (1)	14 BBQ w/ Roll (2, 4, 5) Mac & Cheese (1, 2, 5) Roasted Vegetables Fruit & Choice of Milk (1)	15 Chicken (1, 5) Pinto Beans & Cornbread (1, 2, 5) Turnip Greens Side Salad w/ Dressing (1., 2) Fruit & Choice of Milk (1)	16 Hamburger (5) OR Hotdog (4, 5) Slaw (2) & Baked Beans Chips (1, 4) Fruit & Choice of Milk (1)
20 Mini Corndogs (1, 2, 4, 5) OR Cheesy Bites w/ Marinara (1, 5) Broccoli w/ Cheese (1) & Baked Beans Fruit & Choice of Milk (1)	21 Spaghetti w/ Garlic Bread (1, 5) Corn Side Salad w/ Dressing (1, 2) Fruit & Choice of Milk (1)	22 Chicken Sandwich (1, 4, 5, 9) OR Spicy Chicken Sandwich (1, 4, 5, 9) Green Beans Veggie Cup w/ Ranch (1, 2) Fruit & Choice of Milk (1)	23 Cheeseburger (1, 5) OR BBQ Sandwich (4, 5, 9) Potato Smiles & Pickles Cooked Carrots Fruit & Choice of Milk (1)
27 Homestyle Taco (4, 5) OR Burrito(1, 5) Side Salad w/ Dressing (1, 2) Corn Fruit & Choice of Milk (1)	28 Chicken (1, 5) Pinto Beans & Cornbread (1, 2, 5) Mac n' Cheese (1, 2, 5) Mashed Potatoes (1) Fruit & Choice of Milk (1)	29 Pizza (1, 4, 5) Corn Side Salad w/ Dressing (1, 4) Fruit & Choice of Milk (1)	30 Chili (4) w/ Cinnamon Roll (1, 4, 5) Broccoli w/ Cheese (1) Carrots w/ Ranch (1, 2) 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

This institution is an equal opportunity provider.