LMES Lunch

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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 Hamburger (5) OR Cheeseburger (1, 5) Fries Baked Beans Fruit & Choice of Milk (1)	2 Homestyle Taco (4, 5) OR Burrito (1, 5) Chips w/ Salsa Lettuce/Tomato/Queso (1) Spanish Rice Fruit & Choice of Milk (1)
6 FALL BREAK	7 FALL BREAK	8 FALL BREAK	9 FALL BREAK
13 Spaghetti (5) Garlic Bread (5) Corn Fruit & Choice of Milk (1)	14 Fish (7, 8) Hushpuppies (1, 2, 4, 5) Baked Beans & Chips (1, 4) Fruit & Choice of Milk (1)	15 Chicken Sandwich (1, 4, 5, 9) OR Spicy CK Sandwich (1, 4, 5, 9) Sweet Potato Fries Carrots w/ Ranch (1, 2) Fruit & Choice of Milk (1)	16 Chicken Nuggets (1, 5) OR Spicy Nuggets (5) Pinto Beans Cornbread (1, 2, 5) Fruit & Choice of Milk (1)
20 Chicken Fajita (5) Lettuce/Tomato/Cheese (1) Refried Beans Spanish Rice Fruit & Choice of Milk (1)	21 Chili (4) w/ Crackers (5) Cinnamon Roll (1, 4, 5) Tater Tots Side Salad w/ Dressing (1, 2) Fruit & Choice of Milk (1)	22 BBQ Sandwich (4, 5, 9) Sweet Potato Fries Slaw (2) Pickles Fruit & Choice of Milk (1)	23 Philly Cheesesteak (1, 4, 5) Chips (1, 4) Broccoli w/ Cheese (1) Fruit & Choice of Milk (1)
27 Grilled Cheese (1, 5) OR Turkey Sandwich (1, 5) Tomato Soup (1) Side Salad w/ Dressing (1, 2) Chips (1, 4) Fruit & Choice of Milk (1)	28 Chicken & Waffles (1, 4, 5) Sweet Potato Tots Veggie Cup w/ Ranch (1, 2) Fruit Choice of Milk (1)	29 Pizza (1, 4, 5) Corn on the Cob Veggie Cup w/ Ranch (1, 2) Fruit & Choice of Milk (1)	30 Corndog (1, 2, 4, 5) OR Hotdog (4, 5) Chili/Cheese Fries (1, 4) Slaw (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

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