



Beaufort County Schools Menus for October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
September 28 Sweet Bread or Cereal Pizza Popcorn Chicken with Roll* Roasted Potatoes Fresh Carrots with Dip* Assorted Fruits* Low fat or Fat Free Milk	September 29 Waffles with Sausage or Cereal Walking Taco* Chicken Fajitas (L,T,Salsa,SC) Black Beans Corn* Assorted Fruits* Low fat or Fat Free Milk	September 30 Pancake Sausage on a Stick or Cereal Chicken Sandwich Salisbury Steak with Rice and Gravy* Peas* Chef's Choice of Vegetable Assorted Fruits* Low fat or Fat Free Milk	October 1 Cinnamon Bun or Cereal Baked Ziti with Breadstick Chicken Mashed Potato Bowl* Yellow Roasted Squash Tossed Salad* Assorted Fruits* Low fat or Fat Free Milk	October 2 Assorted Muffins or Cereal Cheese Dippers with Marinara Sauce Fish sandwich with Coleslaw* French Fries* Brussel Sprouts Assorted Fruits* Low fat or Fat Free Milk
October 5 Sausage Biscuit or Cereal School Pizza* Loaded Baked Potato California Blend* Sauteed Cabbage Assorted Fruits* Low fat or Fat Free Milk	October 6 French Toast Sticks or Cereal Nachos with Beef and or Cheese* Chicken and Cheese Quesadilla Pinto Beans* Roasted Street Corn Assorted Fruits* Low fat or Fat Free Milk	October 7 Donuts or Cereal BBQ Chicken with Roll Toasted Cheese Sandwich* Mashed Potatoes with Gravy* Green Peas Assorted Fruits* Low fat or Fat Free Milk	October 8 Apple Strudel or Cereal Spaghetti with Meat sauce and Breadstick* BBQ Sandwich with Coleslaw Tossed Salad Orange Glazed Carrots* Assorted Fruits* Low fat or Fat Free Milk	October 9 Breakfast Pizza or Cereal Fish Nuggets with Hush Puppies* Hamburger or Cheeseburger Baked Beans* Tator Tots Assorted Fruits* Low fat or Fat Free Milk
October 12 Pull Apart or Cereal Pizza* Orange Chicken with Lo Mein Sweet Potato Fries* Mixed Vegetables Assorted Fruits* Low fat or Fat Free Milk*	October 13 Pancakes with Sausage or Cereal Corn dog Macaroni and Cheese with Corn Muffin* Candied Yams Green Beans* Assorted Fruits* Low fat or Fat Free Milk*	October 14 Oatmeal Bun or Cereal Chicken and Waffles* Potato Smiles* Grits Fruit Crisp* Fruit Juice Assorted Fruits Low fat or Fat Free Milk	October 15 Manager's Choice Chicken Alfredo with Breadstick* Hotdog with Chili Caesar Salad Steamed Broccoli* Assorted Fruits* Low fat or Fat Free Milk	October 16 TWD
October 19 Sweet Bread or Cereal Pizza Chicken and Vegetable Dumplings* Fried Rice Oriental Vegetables* Fresh Carrots with Dip Assorted Fruits* Low fat or Fat Free Milk	October 20 Waffles with Sausage or Cereal Walking Taco* Chicken Fajitas (L,T,Salsa,SC) Black Beans Corn* Assorted Fruits* Low fat or Fat Free Milk	October 21 Pancake Sausage on a Stick or Cereal Chicken Sandwich Salisbury Steak with Roll and Gravy* Mashed Potatoes Roasted Squash Assorted Fruits* Low fat or Fat Free Milk	October 22 Cinnamon Bun or Cereal Baked Ziti with Breadstick Popcorn Chicken with Roll* Tossed Salad* Garden Peas Assorted Fruits* Low fat or Fat Free Milk	October 23 Assorted Muffins or Cereal Cheese Dippers with Marinara Sauce Fish sandwich with Coleslaw* French Fries* Brussel Sprouts Assorted Fruits* Low fat or Fat Free Milk
October 26 Sausage Biscuit or Cereal School Pizza* Chicken Mashed Potato Bowl* California Blend* Sauteed Cabbage Assorted Fruits* Low fat or Fat Free Milk	October 27 French Toast Sticks or Cereal Nachos with Beef and or Cheese* Chicken and Cheese Quesadilla Pinto Beans* Roasted Street Corn Assorted Fruits* Low fat or Fat Free Milk	October 28 Donuts or Cereal BBQ Chicken with Roll Toasted Cheese Sandwich* Roast Potatoes Green Peas* Assorted Fruits* Low fat or Fat Free Milk	October 29 Apple Strudel or Cereal Spaghetti with Meat sauce and Breadstick* BBQ Sandwich with Coleslaw Tossed Salad Orange Glazed Carrots* Assorted Fruits* Low fat or Fat Free Milk	October 30 Breakfast Pizza or Cereal Fish Nuggets with Hush Puppies* Hamburger or Cheeseburger Baked Beans* Tator Tots Assorted Fruits* Low fat or Fat Free Milk

Nutrition Byte

Step Right Up for School Lunch!

