

October 2026

Breakfast & Lunch

Fitzgerald High School



Harvest of the Month- Squash



Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
Cini Minis Fruit, Juice Cheeseburger Casserole Romaine Salad/Dressing Whole Kernel Corn Garlic Toast Fruit, Juice	Chicken Biscuit Fruit /Juice Chicken Quesadilla Yellow Rice Broccoli w/Cheese Carrot w/ dip Fruit, Juice	Smoothie/Cereal Bar Fruit, Juice Salad Bar: Romaine & Spinach, Diced Ham, Olives, Mushrooms, Cheese, Broccoli, Tomatoes, Eggs, Croutons, & Assorted Dressings Baked Potato	Sausage Biscuit Fruit, Juice Chicken & Rice Turnip Greens Candied Yams Cornbread muffin Fruit, Juice	VIRTUAL DAY
12	13	14	15	16
FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK
19	20	21	22	23
Super Donut Fruit, Juice Cheeseburger Sweet Potato Fries Sweet Peas Pickle Spears Fruit, Juice	Sausage Biscuit Fruit, Juice Nacho w/ Chips L/C Mexican Rice Pinto Beans Pico de Gallo Fruit, Juice	Honey Bun Fruit, Juice Salad Bar: Romaine & Spinach, Diced Ham, Olives, Mushrooms, Cheese, Broccoli, Tomatoes, Eggs, Croutons, & Assorted Dressings Baked Potato	Chicken Biscuit Fruit, Juice Fitz Fried Chicken Bowl Cornbread Muffin Carrot Dippers Cookie Fruit, Juice	Breakfast Bowl Fruit, Juice Hot Honey Chicken Philly Potato Wedges Ranch Roasted Broccoli Fruit, Juice
26	27	28	29	30
Muffin/Yogurt Fruit, Juice *Brunch* Eggs Grits Sausage Biscuit Fruit, Juice	Chicken Biscuit Fruit, Juice Soft Shell Taco L/C Mexican Rice Pinto Beans Pico de Gallo Fruit, Juice	Smoothie/Cereal Bar Fruit, Juice Salad Bar: Romaine & Spinach, Diced Ham, Olives, Mushrooms, Cheese, Broccoli, Tomatoes, Eggs, Croutons, & Assorted Dressings Baked Potato	Sausage Biscuit Fruit, Juice Chick'n Nuggets Mac N Cheese Green Beans WG Roll Fruit, Juice	Ham & Cheese Croissant Fruit, Juice Pulled Pork Sandwich Coleslaw Baked Beans Broccoli w/ dip Fruit, Juice

Choice of Milk or Water Daily.	Breakfast Daily Choice Choice of Cereal or Grab & Go Sack on Serving Line This institution is an Equal Opportunity Provider.	Lunch Choice Salads on Wednesday Choice of PB&J Sack Lunch Daily	Daily Choice: Smart Mouth Pizza 
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