

OCTOBER 2023

Breakfast:

7:15 AM - 8:30 AM

You may choose a hot meal or a 2 oz. bowl of cereal + 1/2 cup fruit or fruit juice + milk

Lunch:

Scholars must take at least 3 components of the 5 components offered; one of which must be a 1/2 cup of fruit or vegetables.



National School Lunch Week
OCTOBER 9-13, 2023

	MON	TUE	WED	THU	FRI				
2	BOILED EGGS & TOAST BBQ MEATBALLS MACARONI OR BUTTER NOODLES GREEN BEANS ROLL	3	BREAKFAST PIZZA BEEF NACHOS OR BEEF & BEAN BURRITO LETTUCE & SALSA FRESH CARROTS SOUR CREAM	4	WAFFLES CHICKEN ALFREDO OR VEGETARIAN SPAGHETTI ITALIAN VEGETABLE MIX SPRING MIX SALAD	5	ASSORTED MUFFINS & STRING CHEESE GRILLED CHICKEN SANDWICH OR CORNDOG POTATO WEDGES BAKED BEANS	6	NO SCHOOL FALL BREAK
9	BREAKFAST PIZZA BACON OR TURKEY SAUSAGE SOUTHERN BISCUITS HASHBROWNS GLAZED CARROTS	10	PANCAKES TACO WITH GROUND BEEF OR CHICKEN QUESADILLA SHREDDED LETTUCE PINTO BEANS SALSA	11	ASSORTED MUFFINS GRITS, BACON, CHICKEN TENDERS TATER TOTS WAFFLES	12	FRENCH TOAST OVEN-FRIED WINGS MACARONI & CHEESE GREEN BEANS SALAD	13	EGG, SAUSAGE & CHEESE TORNADO STUFFED CRUST PIZZA OR HAMBURGER SLIDERS FRENCH FRIES BROCCOLI
16	TURKEY & CHEESE CROISSANT BREADED CHICKEN SANDWICH OR SOY BUTTER & JELLY SANDWICH SLICED TOMATO AND LETTUCE WAFFLE FRIES	17	CHICKEN BISCUIT CRISPITO OR CHICKEN & RANCH SOFT RACO PINTO BEANS CORN ON THE COB	18	CINNAMON ROLL & SCRAMBLED EGGS BAKED CHICKEN OR CHICKEN NUGGETS RICE BLACK EYE PEAS ROLL	19	MUFFIN & GRITS CASSEROLE PORK CHOP COLLARD GREENS GREEN BEANS YAMS CORNBREAD	20	MINI SAUSAGE BISCUITS WAFFLES CHICKEN TENDERS OR BACON SPRING MIX SALAD FRESH CARROTS
23	WAFFLES GRILLED CHICKEN SANDWICH OR CORNDOG POTATO WEDGES BAKED BEANS	24	EGG, SAUSAGE & CHEESE TORNADO TACO W/ GROUND BEEF OR ROTEL NACHOS PINTO BEANS SALSA	25	PANCAKE SAUSAGE ON A STICK SALISBURY STEAK OR GREEK CHICKEN TENDERS MASHED POTATOES CARROTS ROLL	26	MUFFIN & STRING CHEESE NATHAN'S ALL-BEEF HOTDOG OR BBQ CHICKEN SANDWICH FRENCH FRIES CUCUMBER & TOMATO SALAD	27	NO SCHOOL E-LEARNING DAY
30	CHICKEN BISCUIT TURKEY & CHEESE SUB OR SOY BUTTER & JELLY SANDWICH SLICED TOMATOES AND LETTUCE FRESH CARROTS COOL RANCH DORITOS	31	SAUSAGE BISCUIT GARLIC LIME CHICKEN OR CHICKEN & CHEESE QUESADILLA RICE CORN						

