

OCTOBER Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Pizza Grits Hard-Boiled Eggs Applesauce Pop Tarts or Granola Bars	2 Cheese Omelet Bacon Cinnamon Roll Grapes Pop Tarts or Granola Bars	3 Chicken and Waffle Sticks Grits Pears Pop Tarts or Granola Bars
6 Scrambled Eggs Grits Bacon Peaches Assorted Muffins	7 Sausage, Egg and Cheese Croissant Oatmeal Pineapple Assorted Muffins	8 Steak Biscuit Cheesy Grits Cinnamon Apples Assorted Muffins	9 French Toast Sticks Bacon Hash Brown Patty Yogurt Parfaits Grapes Assorted Muffins	10 Professional Workday
13 Scrambled Eggs Grits Bacon Peaches Danish	14 Buttermilk Pancakes Sausage Patty Hash Brown Patty Pineapple Danish	15 Chicken Biscuit Cheesy Grits Applesauce Danish	16 Cheese Omelet Cinnamon Roll Sausage Link American Fries Grapes Danish	17 Chicken and Waffle Sticks Grits Pears Danish
20 Scrambled Eggs Grits Bacon Peaches English Muffins or Bagels	21 Breakfast Casserole Tater Tots Grits Pineapple English Muffins or Bagels	22 Funnel Cake Waffles Oatmeal Sausage Links Cinnamon Apples English Muffins or Bagels	23 Bacon, Egg and Cheese Biscuit American Fries Yogurt Parfaits Grapes English Muffins or Bagels	24 Sausage Gravy Biscuit Sausage Patty Grits Pears English Muffins or Bagels
27 Scrambled Eggs Grits Bacon Sausage Patty Peaches Pop Tarts or Granola Bars	28 Buttermilk Pancakes Sausage Patty Hash Brown Patty Pineapple Pop Tarts or Granola Bars	29 Breakfast Pizza Grits Hard-Boiled Eggs Applesauce Pop Tarts or Granola Bars	30 Cheese Omelet Bacon Cinnamon Roll Grapes Pop Tarts or Granola Bars	31 Chicken and Waffle Sticks Grits Pears Pop Tarts or Granola Bars

Milk, Juice, Whole Fruit, Assorted Cereal, Assorted Yogurt and Graham Crackers are available at all breakfast meals.

OCTOBER Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BBQ Pork Chops Chicken Wings with Sauces Scalloped Potatoes Green Beans BLT on Sourdough Bread Peaches	2 Fried Chicken Mashed Potatoes Green Beans Yeast Roll American Sub Pineapple	3 Pulled Pork Corn Dogs Macaroni and Cheese Baked Beans Ham and Swiss on Mable Rye Bread Tropical Fruit Mix
6 Chicken Fried Steak Mashed Potatoes and Gravy Bologna and Cheese Spinach Dinner Roll Spicy Italian Wrap Mixed Fruit	7 Jamaican Jerk Chicken Chicken Dippers Rice Squash Medley Turkey Bacon Sliders Mandarin Oranges	8 Beef Pot Roast with Roasted Carrots Chicken Drumsticks Rice and Gravy Boiled Cabbage Cornbread Chicken Salad Croissant Peaches	9 Swedish Meatballs Buttered Noodles Mini Corn Dogs Asparagus Buffalo Chicken Wrap Pineapple	10 Professional Workday
13 Orange Chicken Baked Tilapia Fried Rice Egg Rolls Broccoli Turkey and Cheddar on Wheatberry Bread Mixed Fruit	14 Salisbury Steak Greek Chicken Rice and Gravy Mixed Vegetables Pimento Cheese on White Bread Mandarin Oranges	15 Cheese Ravioli Hot Dogs with Chili Crinkle Cut Fries Carrots BLT on Sourdough Bread Peaches	16 Meatloaf Popcorn Chicken Mashed Potatoes and Gravy Turnip Greens American Sub Pineapple	17 Fish & Chips Macaroni and Cheese Sloppy Joes Green Peas Ham and Swiss on Mable Rye Bread Applesauce
20 Bacon Cheeseburgers Hot Ham and Cheese Sandwich Crinkle Cut Fries Corn Spicy Italian Wrap Mixed Fruit	21 Taco Tuesday! Beef Tacos or Chicken Enchiladas Spanish Rice Refried Beans with Salsa, Sour Cream, Lettuce, Cheese Turkey Bacon Sliders Mandarin Oranges	22 Southern Style Buffalo Chicken Sandwich Mini Corn Dogs Waffle Fries Corn on the Cob Chicken Salad Croissant Peaches	23 Cheeseburger Mac Chicken Dippers Green Beans Potato Wedges Buffalo Chicken Wrap Pineapple	24 Baked Ziti with Garlic Bread Fish Bites Crinkle Cut Carrots Turkey and Cheddar on Wheatberry Bread Tropical Fruit Mix
27 Chicken Parmesan Penne Pasta with Marinara Pizza Logs Broccoli Salami and Provolone on Sourdough Bread Mixed Fruit	28 General Tso's Chicken Fried Rice Egg Roll Peas and Carrots Grilled Cheese Pimento Cheese on White Bread Mandarin Oranges	29 Philly Cheesesteaks Chicken Wings with Sauces French Fries Green Beans BLT on Sourdough Bread Peaches	30 Spaghetti with Meatsauce Corn Dogs Corn American Sub Pineapple	31 Pizza Day !! Breadsticks Ham and Swiss on Mable Rye Bread Tropical Fruit Mix

Milk, Juice, Whole Fruit, Assorted Cereal, Assorted Yogurt and Graham Crackers are available at all lunch meals.

OCTOBER Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Sunday
		1 Cheeseburger Mac Garlic Bread Green Beans Tossed Salad Cupcakes	2 Hot Dogs with Chili Tater Tots Cole Slaw Tossed Salad Frosted Brownie	5 Meatloaf Mashed Potatoes Corn Fresh Baked Cookie
6 Chicken Alfredo over Fettuccini Cauliflower Garlic Breadstick Tossed Salad Ice Cream	7 Lasagna Garlic Bread Squash Medley Tossed Salad Fruit Cobbler	8 Hot Ham and Cheese Sandwich Potato Wedges Mixed Vegetables Tossed Salad Cupcakes	9 Professional Workday Tomorrow 10/10	12 Pizza Garlic Breadstick Mixed Fruit Fresh Baked Cookie
13 Corn Dogs French Fries Corn on the cobb Tossed Salad Ice Cream	14 Beans and Franks White Rice Crinkle Cut Carrots Tossed Salad Fruit Cobbler	15 Sweet and Sour Chicken White Rice Egg Roll Asian Vegetables Tossed Salad Cupcakes	16 Nacho Bar Tortilla Chips Ground Beef, Queso, Lettuce, Tomato, Sour Cream and Salsa Tossed Salad Frosted Brownie	19 Chicken Pot Pie Rice with Gravy Mixed Vegetables Pears Fresh Baked Cookie
20 Spaghetti and Meat sauce Garlic Breadstick Broccoli Tossed Salad Ice Cream	21 Beef Stew Rice & Gravy Biscuit Peas and Carrots Tossed Salad Fruit Cobbler	22 BBQ Chicken Legs Macaroni and Cheese Mixed Vegetables Tossed Salad Cupcakes	23 Corn Dogs French Fries Tossed Salad Frosted Brownie	26 Beef Stroganoff Egg Noodles Green Beans Fresh Baked Cookie
27 Hamburgers Tater Tots Baked Beans Tossed Salad Ice Cream	28 Grilled Chicken Rice Pilaf Green Peas Tossed Salad Fruit Cobbler	29 Cheeseburger Mac Garlic Bread Green Beans Tossed Salad Cupcakes	30 Hot Dogs with Chili Tater Tots Cole Slaw Tossed Salad Frosted Brownie	