

OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Breakfast Cream Cheese, Mini Bagels, and Fruit	2 Breakfast Cheese Grits, English Muffin w/jelly, and Fruit	3 Breakfast Breakfast Pizza, sausage, egg, cheese, and Fruit	4 Breakfast Turkey Sausage, Biscuit, Jelly, and Fruit	5 Breakfast Pancakes, and Fruit	6
	Lunch Mac & Cheese, Baby Carrots w/Hummus, Green Beans & Fruit	Lunch Chicken Broccoli Bowl, California Blend, and Applesauce	Lunch Cheese Pizza, Tossed Salad, Sweet Potatoes & Pears in Jell-O	Lunch Beef Soft Taco w/Rice, Corn Fiesta, and Oranges	Lunch Turkey Hotdog on a Bun, Baked Beans, and Peaches	
7	8 Breakfast Egg & Cheese Mini Croissant and Fruit	9 Breakfast Grits w/Cheese, English Muffin w/jelly, & Fruit	10 Breakfast Hashbrown Casserole, Graham Pack, and Fruit	11 Breakfast Sausage Gravy Biscuit and Fruit	12 NO SCHOOL	13
	Lunch BBQ Chicken Sandwich, Baked Beans, Broccoli, & Grapes	Lunch Sweet Thai Drumsticks, Brown Rice, Broccoli, Red Pepper Sticks & Hummus, & Apples	Lunch Ziti & Meat Sauce, Green Beans, WG Roll, and Fresh Banana	Lunch Chicken Taco Salad, w/Salsa & WG Tortilla Chips, and Mandarin Oranges		
14	15	16	17	18	19	20
FALL BREAK - NO SCHOOL						
21	22 Breakfast Cream Cheese Mini Bagels and Fruit	23 Breakfast Grits w/Cheese, English Muffin w/jelly, and Fruit	24 Breakfast Breakfast Pizza, sausage, egg, cheese, and Fruit	25 Breakfast Turkey Sausage, Biscuit, Jelly, and Fruit	26 Breakfast WG Cereal, Muffin, and Fruit	27
	Lunch Chicken Philly, Mixed Vegetables, and Baked Apples	Lunch Teriyaki Chicken w/ Vegetable Fried Rice, Salad, and Oranges	Lunch Baked Spaghetti Casserole, Sweet Corn, WG Roll, & Sliced Apples	Lunch Beef Mac Taco Bake, White Beans, Tossed Salad, & Oranges	Lunch Potato Cheddar Soup, Garlic Bread, Pesto Pasta Salad, and Grapes	
28	29 Breakfast Egg & Cheese Mini Croissant	30 Breakfast Cheese Grits, English Muffin w/jelly, & Fruit	31 Breakfast Hashbrown Casserole Graham Pack, & Fruit	1 Breakfast Sausage, Gravy Biscuit and Fruit	2 Breakfast French Toast Sticks and Fruit	3
	Lunch Hamburger on a Bun, Sweet Potato Puffs, and Baked Beans	Lunch Sweet Sesame Chicken Stir Fry w/Brown Rice, Casserole, and Oranges	Lunch Cheese Pizza, Salad w/Cherry Tomatoes, & Pears	Lunch Chicken Taco, Cowboy Corn Salad, Tortilla Scoop, & Peaches	Lunch Chicken Nuggets, /WG Roll, Green Beans w/Carrots, & Pineapple	