

OCTOBER

MIDDLE AND HIGH With Carb Counts

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ ROASTED CHICKEN 1 Mashed Potatoes 20 Seasoned Green Beans 3 Yeast Roll 20 Sliced Peaches 12	4 BREAKFAST FOR LUNCH Chicken 13 or Sausage 0 w/ eggs 0 Pancakes 26 w/syrup 20 or Biscuit 22 and Gravy 9 Tater Tots 18 Applesauce 15	5 TURKEY ROAST 1 w/gravy 6 Sweet Potato Souffle 58 Broccoli Casserole 14 Honey Wheat Roll 20 Pear Halves 24	6 BEEF TACOS 26 OR CHICKEN SOFT TACOS 36 Lettuce .5 and Tomato 1 Salsa 4, Sour Cream 2 and Cheese 0 Corn 18 Refried Beans 20 Pineapple Tidbits 19	7 FISH SANDWICH 45 Baked Potato 16 Broccoli Spears 4 w/cheese 0 Mixed Fruit 18
10 SWEET AND SOUR CHICKEN 26 W/RICE 35 AND BROCCOLI 4 Pineapple 19 Fortune Cookie 9	11 SALISBURY STEAK 5 Mashed Potatoes 20 and Gravy 6 Green Beans 3 Yeast Roll 20 Applesauce 15	12 WORKDAY		13 BBQ ON A BUN 42 Cole Slaw 7 Veggie Beans 27 Corn 18 Pears 24
NATIONAL SCHOOL LUNCH WEEK				
17 CHICKEN POT PIE 22 Peas and Carrots 10 Breaded Okra 25 Hot Yeast Roll 20 Applesauce 15	18 MAC N CHEESE 22 WLITTLE SMOKIES 2 Pinto Beans 18 Steamed Cabbage 5 Stewed Tomatoes 2 Onions 3 and Cornbread 25 Peaches 12	19 BREAKFAST FOR LUNCH Chicken 13 or Sausage 0 w/ eggs 0 Pancakes 26 w/syrup 20 or Biscuit 22 and Gravy 9 Tater Tots 18 Applesauce 15	20 BEEF TACOS 26 OR CHICKEN SOFT TACOS 36 Lettuce .5 and Tomato 1 Salsa 4, Sour Cream 2 and Cheese 0 Corn 18 Refried Beans 20 Pineapple Tidbits 19	21 SEAFOOD BASKET 29 Sweet Potato Fries 13 Baked Beans 33 Hushpuppies 18 Pear Halves 24
24 VEGGIE BEEF SOUP 14 W/GRILLED CHEESE 30 or PB&J 40 SANDWICH Tossed Salad 2 Breadstick 16 Spiced Apples 18	25 MEATLOAF 4 Mashed Potatoes 20 and Gravy 6 Green Beans 3 Hot Yeast Roll 20 Pineapple Tidbits 19	26 CHICKEN ALFREDO 31 Broccoli Spears 4 Steamed Carrots 8 Bread Stick 16 Mixed Fruit 18	27 SPAGHETTI 48 W/ GARDEN SALAD 2 AND BREADSTICK Green Peas 11 Diced Peaches 12	28 FRUIT AND YOGURT PLATE Carrots and Cucumbers 8 w/dip Normandy Blend 4 Pear Halves 24
31 HAUNTING HAMBURGER 32 OR MUMMY DOG 24 W/CHILI 5 Lurking Lettuce .5 and Terrified Tomatoes 1 Frightening Fries 16 Ghostly Green Beans 3 Trick-or-Treat Cupcake or Cake		<div style="border: 1px solid black; padding: 5px;"> CHOICES OF CHOC SKIM 24g, UNFLAVORED 1% 14g OR SKIM 14g, FF STRAWBERRY 25g AND FF VANILLA 26g MILK/FRESH EDIBLE JUICE </div>		

Subject to change.

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”