

October



Breakfast for The Week Will Be:

Monday: Egg and Cheese Biscuit, Hash Round, Juice, Fruit, and Milk

Tuesday: Breakfast Pizza or Bagel, Juice, Fruit, and Milk


Wednesday: Pancake w/ Syrup, Juice, Fruit, and Milk

HMS & HHS Pancakes w/Sausage & Syrup, Juice, Fruit, and Milk

Thursday: Cinnamon Buns w/Sausage Links, Juice, Fruit, and Milk

Friday: Sausage or Chicken Biscuits, Juice, Fruit, and Milk

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pork Chop, Black eyed Peas, Turnip Green, Corn Bread, Fruit and Milk	2 Chicken Sandwich Lettuce, Tomato Chips, Fresh Broccoli Fruit and Milk	3
4	5 Cheese or Plain Burger Lettuce, Tomato, Baked Beans, Chips, Fruit and Milk	6 Chicken Chucks Celery and Carrots w/dressing Muffin, Fruit and Milk	7 Fish Nuggets, French Fries, Hush puppies, Cole Slaw, Fruit and Milk	8 Chicken and Rice Steamed Broccoli, Brownie, Fruit and Milk	9 Pizza: Cheese or Pepperoni, Corn, Cookie, Fruit and Milk	10
11	12 No School ½ Parent Day/ ½ PD	13 Crispy Steak Steamed Broccoli/ w Cheese Sauce Roll, Fruit and Milk	14 Corn Dog French Fries, Baked Beans, Fruit & Milk	15 Taco Salad, Chips, Lettuce, Salsa, Cheese, Corn Mexican Condiments Fruit and Milk	16 Chicken Sandwich Lettuce, Tomato Chips, Baby Carrots w/dressing Fruit and Milk	17
18	19 Quesadilla, Pinto Beans, Salsa, Sour cream Fruit and Milk	20 Chicken Finger Broccoli w/Cheese Roll, Fruit and Milk	21 Salisbury Steak, w Gravy, Cream Potatoes Roll, Fruit & Milk	22 Veg. Beef Soup Grilled Cheese Sandwiches, Pudding, Fruit and Milk	23 Pizza: Cheese or Pepperoni, Corn, Cookie, Fruit and Milk	24
25	26 Hot Pockets Carrots/ w Dressing Marinara, Muffins, Fruit and Milk	27 Ham & Turkey Sub French Fries, Lettuce, Tomato, Muffin, Fruit and Milk	28 Crispitos Pinto Beans, Mexican Condiments, Fruit and Milk	29 Lasagna Rolls, Side salad, Cheese Bread stick Fruit and Milk	31 Chicken Sandwich Lettuce, Tomato Chips, Fresh Broccoli Fruit and Milk 	1