






**October 2018 K-8 School Lunch Menu**  
 Student Meal \$2.25 / Reduced Meal \$0.40 / Adult Meal \$3.50



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 1 - 5</b>	Fried Chicken Parmesan Crusted Pollock PBJamwich  Savannah Red Rice Collard Greens Twice Baked Potatoes Pineapple Cup Fresh Grapefruit Wedges	Shakin' Bacon Chicken Sandwich Fiestada Pizza Yogurt, Cheese, & Fruit Plate  Baby Carrots with Ranch French Fries Sliced Peaches 100% Fruit juice	Pizza Chicken Pot Pie PBJamwich  Green Beans Roasted Red Potatoes Cinnamon Apples with Cranberries Pears & Cherries	Chick 'N Waffles Fajita Glazed Fish Taco Turkey & Cranberry Chef Salad  Tostitos Scoops Cheesy Bean Dip Okra & Tomatoes Fruit Cocktail Applesauce	<b>STAFF PLANNING DAY</b>
<b>October 8 - 12</b>	Pizza Chicken Broccoli Alfredo with Garlic Toast Ham & Cheese Chef Salad with Garlic Toast  Tomato Basil Zucchini Cherry Tomato & Corn Salad Limeade Fruit Salad Pear Cup	Nachos Con Queso Quesadilla Peanut Butter, Cheese, & Fruit Plate  Mexican Rice Ranch Beans Buffalo Cauliflower Bites Apple Slices 100% Fruit Juice	Macaroni & Ham Casserole with Breadstick Chicken Swirl Sandwich Fajita Chicken Chef Salad with Breadstick  Carrot Soufflé Mixed Vegetables Fresh Pear Pineapple & Cherries	Spaghetti with Garlic Toast Chicken Tenders with Garlic Toast Yogurt, Cheese, & Fruit Plate  Honey Roasted Broccoli Waffle Fries with Sriracha Ketchup Orange Wedges Apple Crisp	Seafood Basket Meatball Sub PBJamwich  Corn on the Cob Mixed Greens Fresh Banana Watermelon Chunks
<b>October 15 - 19 National School Lunch Week!</b>	Lings Mandarin Chicken and Dinner Roll Chicken Egg Rolls Egg & Cheese Chef Salad and Roll  Fried Rice Kale & Apple Salad Braised Cabbage Peaches & Grapes Fruit Cocktail  	Taco Bar Pizza PBJamwich  Cilantro Lime Rice Black-Eyed Peas Apple Slices Mandarin Oranges	Loaded Baked Potato with Garlic Knot Lasagna Roll-Ups with Garlic Knot Chicken Caesar Chef Salad w/ Garlic Knot  Candied Carrots Parmesan Peas Cool Tropics Fruit Slush Pumpkin Spiced Applesauce  National Take Your Parents to 	Hot Dog Pretzel Bun Bacon Cheeseburger Peanut Butter, Cheese, & Fruit Plate  Tater Tots Orange Medley Juice Fruited Gelatin Peach-Pear Compote	<b>National School Lunch Week!</b>  Fish & Grits Grilled Cheese Yogurt, Cheese, & Fruit Plate  Vegetable Soup Sautéed Summer Squash Pears & Cherries Strawberries & Kiwi
<b>October 22 - 26</b>	Pretzel Bites & Cheese Dip Brunswick Stew, Yellow Rice, and Cornbread Ranch Chicken Chef Salad & Cornbread  Turnip Greens Sweet Potato Puffs Berry Blend Fruit Cup Apple Slices	Salisbury Steak with Dinner Roll BBQ Nachos PBJamwich  Mashed Potatoes Sautéed Mushrooms 100% Fruit Juice Fresh Grapes	Chicken Nuggets and Dinner Roll Hot Ham & Cheese Croissant Tuna Chef Salad with Goldfish  Buffalo Sidewinders Broccoli with Cheese Sauce Lime Applesauce Peaches & Cream	Scrambled Eggs, Sausage, & Jelly Biscuit Red & Blue Yogurt Parfait PBJamwich & Yogurt  Sweet Potato Hash Green Peas Orange Wedges Pineapple Cup	Wild West BBQ Sandwich Cheesy Breadstix & Marinara Dippin' Sauce Yogurt, Cheese, & Fruit Plate  Baked Beans Coleslaw Fresh Banana Mandarin Strawberry Cup
<b>October 29 - 31</b>	<b>Site Based Menu</b>	Shakin' Bacon Chicken Sandwich Fiestada Pizza Yogurt, Cheese, & Fruit Plate  Baby Carrots with Ranch French Fries Sliced Peaches 100% Fruit juice	BBQ Drumsticks with Breadstick Fish Sandwich Egg & Cheese Chef Salad with Breadstick  Green Beans Baked Sweet Potato w/Cinnamon Butter Pineapple Cup Halloween Italian Ice		

A reimbursable meal must include at least 3 food groups. Choose at least 3 food items including 1/2 cup fruits or vegetables and at least 2 other food groups.  
 For best nutrition, choose all 5 of the meal components for School Lunch - Grains, Meats or Protein, Milk, Fruit & Vegetables.

MILK VARIETY OFFERED DAILY

MENU SUBJECT TO CHANGE

This institution is an equal opportunity provider.

