



Monday	Tuesday	Wednesday	Thursday	Friday	FYI
-3- Croissant, Sausage, Fruit - National School Lunch Week - Creole Chicken & Sausage Gumbo, Steamed Rice Potato Salad Baked Cinnamon Apples Assorted Crackers ♻️ Vegetarian: Hearty Vegetable Soup -10- 	-4- Wheat Belgium Waffles Turkey Sausage Patties, Fresh Fruit -National School Lunch Week- Turkey Wheat Wrap Fresh Cauliflower/Carrots Fresh Fruit Oatmeal Raisin Cookie ♻️ Vegetarian: Vegetable Wheat Wrap -11- 	-5- Assorted Cereal, Fresh Fruit Graham Crackers -----Greek Cuisine----- Greek Lemon Chicken Rice pilaf Greek Salad w/ Feta Cheese Pita Bread w/ Hummus, Fruit ♻️ Vegetarian: Rice Pilaf -12- <div style="text-align: center;">  Fall Break </div>	-6- Pancake Bites Fresh Fruit -National School Lunch Week- Supreme Taco Salad (lettuce/tomatoes) Refried Beans Fresh Fruit ♻️ Vegetarian: Supreme Veggie Taco Salad -13- 	-7- Blueberry Muffins Scrambled Eggs, Fresh Fruit -BREAKFAST FOR LUNCH- Assorted Cereal/Cheesy Grits Turkey Sausage Hashbrown, Fresh Fruit Cinnamon Raisin Toast ♻️ Vegetarian: Assorted Cereal/Cheesy Grits -14- 	National School Lunch Week October 10 - 14 -Due to Fall break- October 3rd - 7th 
-17- Warm Biscuits, Sliced Ham, Fresh Fruit ----- Pinto Beans Steamed Brown Rice Fresh Romaine Lettuce Salad Chilled Sliced Peaches Warm Cornbread Muffin ♻️ Vegetarian: Vegetarian Pinto Beans	-18- Oatmeal, Cinnamon Raisin Toast, Fresh Fruit ----- Chipotle Chicken Wheat Wrap Fresh Celery/Carrots Fresh Fruit ♻️ Vegetarian: Vegetable Wheat Wrap	-19- Hashbrown, Wheat Toast, Turkey Sausage, Fresh Fruit ----- Wheat Pasta, Meatsauce Fresh Garden Salad Chilled Fresh Fruit Soft Wheat Roll ♻️ Vegetarian: Vegetarian Spaghetti Casserole	-20- Assorted Cereal, Graham Crackers, Fruit ----- Chicken & Sausage Jambalaya Three Bean Salad Baked Cinnamon Apples Soft Wheat Roll ♻️ Vegetarian: Vegetarian Jambalaya	-21- French Toast Sticks, Fruit, Egg Patties ----- Hamburger on Wheat Bun Lettuce/Tomato Pickle Spears Fresh Fruit ♻️ Vegetarian: Garden Burger	Meal Prices Breakfast Full \$1.50 Reduced \$0.30 Lunch Full \$2.10 Reduced \$0.40
-24- Assorted Muffins Scrambled Eggs, Fresh Fruit ----- Red Beans w/ Turkey Sausage Steamed Brown Rice Fresh Spinach Salad (VOM) Sliced Peaches, Cornbread ♻️ Vegetarian: Vegetarian Red Beans	-25- French Toast Sticks Turkey Sausage Patties, Fresh fruit ----- Homestyle Chicken Stew, Rice Steamed Mixed Vegetables Sweet Potatoes Soft Wheat Roll ♻️ Vegetarian: Vegetable Rice Casserole	-26- Assorted Cereal, Fresh Fruit, Sunbutter Toast ----- <div style="text-align: center;">  ½ School Day Bag Lunch  </div>	-27- Hashbrown, Sunbutter Toast Turkey sausage Patties, Fruit ----- Barbecue Pork Riblet Seasoned Yellow Rice Steamed Mixed Vegetables Soft Wheat Roll, Fresh Fruit ♻️ Vegetarian: Seasoned Yellow Rice	-28- Grits, Turkey Bacon, Fruit ----- Chicken Salad Pita Pocket Fresh Romaine Salad Fresh Fruit Low Fat Oatmeal Raisin Cookie ♻️ Vegetarian: Tofu & Veggie Pita Pocket	All meals are served with a variety of low fat & fat free milk. Menus are subject to change due to availability of food items and special events.
-31- French Toast Sticks, Fruit Scrambled Egg Patties ----- Grilled Chicken on Wheat Bun Lettuce/Tomato, Pickle Spears Fresh Fruit, Italian Ice Cup ♻️ Vegetarian: Garden Burger	<div style="text-align: center;"> **IMPORTANT** Prior year Free/Reduced meal benefits EXPIRED September 30, 2010 Submit your application TODAY! </div>	<div style="text-align: center;"> Choose MyPlate.gov  </div>	<div style="text-align: center;"> MY PLATE Make half your plate fruits & Vegetables Make at least half your grains whole grains Switch to fat-free or (1%) low fat-milk </div>	<div style="text-align: center;"> Choose MyPlate.gov  </div>	<div style="text-align: center;"> ♻️ Vegetarian Meals A specific number of vegetarian meals are prepared daily for students with a vegetarian diet plan. </div>