








OCTOBER

DAILY MEAL PRICES : MIDDLE/HIGH SCHOOL BREAKFAST \$1.75 / LUNCH \$2.70

A student may not charge breakfast. Students can charge lunch for up to \$15.00 and \$6.00 for reduced. Students who have reached the lunch charge limit will be provided the alternate lunch. When charges are paid up to date, the regular lunch will be served.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
CHICKEN NUGGETS 2 SCALLOP POT CARROTS FRUIT CHOICE ROLL/MILK	SLOPPY JOE OR 3 HOT DOG BAKED BEANS VEG./FRUIT CHOICE CHIPS/MILK	BEEF NACHOS 4 REFRIED BEANS VEG. CHOICE FRUIT CHOICE MILK	BIG DADDY PIZZA 5 TOSSED SALAD VEG. CHOICE FRUIT CHOICE MILK	SALISBURY STEAK 6 MASHED POT. VEG. CHOICE FRUIT CHOICE ROLL/MILK	 FRESH VEGETABLES OFFERED WEEKLY
CHICKEN S/W 9 BROCC. VEG. CHOICE FRUIT CHOICE MILK	HAMBURGER/CHEESE 10 POTATO FRIES VEG. CHOICE FRUIT CHOICE MILK	BEEF TACOS 11 BLACK BEANS CORN FRUIT CHOICE MILK	SUB S/W BAR 12 (BUILD YOUR OWN SUB) VEG. CHOICE FRUIT CHOICE MILK	CHICKEN AND NOODLE 13 MASHED POT. VEG. CHOICE FRUIT CHOICE BREADSTICK/MILK	 October 16-20th
CHICKEN STRIPS 23 BROCC. VEG. CHOICE FRUIT CHOICE CINNAMON BISCUIT	PHILLY STEAK S/W 24 ROASTED POT. VEG. CHOICE FRUIT CHOICE MILK	TEXAS STRAW HAT 25 REFRIED BEANS VEG. CHOICE FRUIT CHOICE MILK	KNIGHTS WRAP OR 26 ITALIAN CHICKEN S/W VEG. CHOICE FRUIT CHOICE SNACK BAG/MILK	SPAGHETTI BAKE 27 TOSS SALAD VEG. CHOICE FRUIT CHOICE BREADSTICK/MILK	 FRESH FRUIT OFFERED DAILY
KNIGHTS CHICKEN BOWL (MASHED POT, CORN, GRAVY) CARROTS VEG./FRUIT CHOICE BISCUIT/MILK	HAMBURGER/CHEESE 31 MAC AND CHEESE VEG. CHOICE FRUIT CHOICE COOKIE/MILK	CHICKEN TACOS 1 BLACK EYED PEAS VEG. CHOICE FRUIT CHOICE MILK	BAKED POTATO OR 2 SALAD BAR (ADD YOUR OWN TOPPINGS) VEG./FRUIT CHOICE CORNBREAD OR TORTILLA CHIPS/MILK	TURKEY MANHATTAN 3 MASHED POT. VEG. CHOICE FRUIT CHOICE MILK	 Research shows that students who skip breakfast have shorter attention spans and don't do as well on test.
BREAKFAST					
CEREAL AND TOAST OR YOGURT AND TOAST 2 PIECES OF TOAST JUICE/FRESH FRUIT MILK	SAUSAGE BAGEL CEREAL AND TOAST OR YOGURT AND TOAST 2 PIECES OF TOAST JUICE/FRESH FRUIT MILK	FRENCH TOAST OR CEREAL AND TOAST OR YOGURT AND TOAST 2 PIECES OF TOAST JUICE/FRESH FRUIT MILK	BREAKFAST PIZZA OR CEREAL AND TOAST OR YOGURT AND TOAST 2 PIECES OF TOAST JUICE/FRESH FRUIT MILK	2 PANCAKES OR CEREAL AND TOAST OR YOGURT AND TOAST 2 PIECES OF TOAST JUICE/FRESH FRUIT MILK	

MENU IS SUBJECT TO CHANGE
PLEASE NOTIFY THE SCHOOL OFFICE IF YOUR CHILD SUFFERS FROM A FOOD ALLERGY, MEDICAL DOCUMENTATION IS REQUIRED.
USDA IS A EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.
IN ACCORDANCE WITH THE FEDERAL LAW AND THE U.S. DEPARTMENT OF AGRICULTURE THIS INSTITUTION IS PROHIBITED FROM DISCRIMINATION ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, AGE OR DISABILITY.