

MENUS FOR OCTOBER 2023



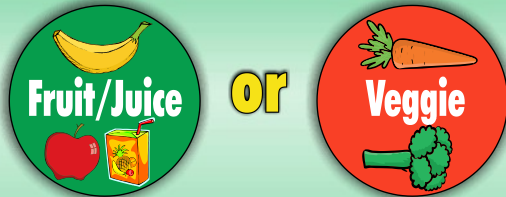
AVAILABLE DAILY
Grades 9-12
Variety of Fresh & Canned Fruit, Variety of Milk
Fresh Garden Salad, Crackers and Asst. Grains at Lunch

Fairfield City Schools 9-12 WG= Whole Grain

This institution is an equal opportunity provider. Menus are subject to change.

DON'T GET!

To make a lunch, choose at least one



**FAIRFIELD CITY SCHOOLS
CHILD NUTRITION DEPARTMENT**

Monday, October 2

Breakfast

Chicken Biscuit (WG)
Fruit cup
Fruit Juice
Milk

Lunch

Crispy Chicken Sand. (WG)
Let.Tom,Pickle
Corn on the cob
Baked Beans
Fresh Fruit
Milk Choices

Tuesday, October 3

Breakfast

Breakfast Bar (WG) &
Yogurt
Fruit cup Fruit Juice
Milk

Lunch

Waffle Sticks (WG)
Scrambled Eggs
Sausage Links
Carrot Sticks
Tator Tots, Salsa
Fruit Variety

Wednesday, October 4

Breakfast

French Toast Mini (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch

Spaghetti w/Meat Sauce
(WG), Dinner Roll (WG)
Green Beans
Garden Salad
Fruit Variety
Milk Choices

Thursday, October 5

Breakfast

Grits w/Toast (WG)
Sausage Link
Fruit cup, Fruit Juice
Milk

Lunch

Baked Chicken
Cornbread
Fresh Collard Greens
Sweet Potato Yams
Fresh Fruit
Milk Choices

Friday, October 6

Breakfast

Cereal w/ Toast (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch

Pepperoni Pizza (WG)
Baked French Fries
Garden Salad
Fruit Variety
Milk Choices

Monday, October 9

Breakfast

Mini Pancakes (WG)
Fruit cup
Fruit Juice
Milk

Lunch

Filet Sandwich
w/ Cheese (WG)
Coleslaw
Baked Beans
Fresh Fruit
Milk Choices

Tuesday, October 10

Breakfast

Muffin (WG)& Yogurt
Fruit cup Fruit Juice
Milk

Lunch

Taco Tuesday (2)(WG)
Pinto Beans
Mexicali Corn
Fruit Variety
Milk Choices

Wednesday, October 11

Breakfast

Steak Biscuit (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch

Chicken Alfredo (WG)
Breadstick
Garden Salad
Broccoli
Fruit Variety
Milk Choices

Thursday, October 12

Breakfast

Pop Tart (WG)
String Cheese
Fruit cup, Fruit Juice
Milk

Lunch

Salisbury Steak
Steamed Rice (WG)
Dinner Roll (WG)
Sweet Potato Yams
English Peas
Fresh Fruit
Milk Choices

Friday, October 13

Breakfast

Breakfast Pizza (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch

Turkey & Cheese
Sandwich (WG)
Let.Tom,Pickle
French Fries
Garden Salad
Milk Choices

OCTOBER

The name "October" comes from the Latin word for "eight" – but it's the tenth month! What gives? In the Roman calendar, it WAS the eighth month, but then January and February were added when the calendar was revised, and October kept its name.



Lepidopterist

A "Lepidopterist" is someone who collects or studies butterflies.



YOU'RE STILL GOOD
ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

FAIRFIELD CITY SCHOOLS CHILD NUTRITION

Monday, October 16

Breakfast

Mini Donuts (WG)
 Fruit cup
 Fruit Juice
 Milk

Lunch

Cheeseburger Deluxe (WG)
 Let.Tom,Pickle
 Potato Wedges
 Garden Salad
 Fresh Fruit
 Milk Choices

Tuesday, October 17

Breakfast

Breakfast Yogurt Parfait
 W/Granola (WG)
 Fruit cup
 Milk

Lunch

Sweet & Sour Chicken
 Rice (WG)
 Roasted Vegetable Mix
 Garden Salad
 Fruit Variety
 Milk Choices

Wednesday, October 18

Breakfast

Sausage Biscuit (WG)
 Fresh Fruit
 Fruit Juice
 Milk

Lunch

Hotdog (WG)
 Baked Beans
 Garden Salad
 Fruit Variety
 Milk Choices

Thursday, October 19

Breakfast

Grits w/Toast (WG)
 Sausage Link
 Fruit cup, Fruit Juice
 Milk

Lunch

Baked Porkchop
 Dinner Roll (WG)
 Creamy Potatoes
 Seasoned Green Beans
 Fresh Fruit
 Milk Choices

Friday, October 20

Breakfast

Cereal w/ Toast (WG)
 Fresh Fruit
 Fruit Juice
 Milk

Lunch

Pepperoni Pizza (WG)
 Oven Baked Fries
 Steamed Broccoli
 Fruit Variety
 Milk Choices

Monday, October 23

Breakfast

Mini Pancakes (WG)
 Fruit cup
 Fruit Juice
 Milk

Lunch

Corndog (WG)
 Mac & Cheese
 Baked Beans
 Garden Salad
 Fresh Fruit
 Milk Choices

Tuesday, October 24

Breakfast

Oatmeal w/Berries (WG)
 Yogurt
 Fruit cup
 Fruit Juice
 Milk

Lunch

Chicken Noodle Soup (WG)
 Crackers
 Steamed Mixed Vegetables
 Garden Salad
 Fruit Variety
 Milk Choices

Wednesday, October 25

Breakfast

Ham & Cheese Biscuit (WG)
 Fresh Fruit
 Fruit Juice
 Milk

Lunch

Beef Steak Nuggets
 English Peas
 Sweet Potato Fries
 Dinner Roll (WG)
 Fruit Variety
 Milk Choices

Thursday, October 26

Breakfast

Breakfast Pizza (WG)
 Fruit cup
 Fruit Juice
 Milk

Lunch

Chicken Tenders
 Dinner Roll (WG)
 Creamy Mashed Potatoes
 Seasoned Green Beans
 Fresh Fruit
 Milk Choices

Friday, October 27



Monday, October 30

Breakfast

French Toast Mini (WG)
 Fruit cup
 Fruit Juice
 Milk

Lunch

Chicken Nuggets
 Dinner Roll (WG)
 Baked Beans
 Oven Baked Fries
 Fresh Fruit
 Milk Choices

Tuesday, October 31

Breakfast

Sausage & Cheese
 Breakfast Bagel (WG)
 Fruit cup
 Fruit Juice
 Milk

Lunch

Beef & Bean Chili
 Grilled Cheese Sand. (WG)
 Steamed Carrots
 Garden Salad
 Fruit Variety
 Milk Choices

this month: olives

There are some foods that most kids don't like, but most adults do. Why? It's a mystery! Take olives, for instance. If you're a kid, chances are that



you won't touch them.

And no wonder -- they have a strong

flavor and are also quite salty. But some grocery stores sell dozens of different kinds. SOMEBODY must be eating all those olives. Guess who? ADULTS!

