

# Summers County Schools Lunch Menu - October 2023 - Grades K-5

## NATIONAL SCHOOL LUNCH WEEK OCTOBER 9-13

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Donut Holes, Fruit, Juice, Milk</p> <p>Cheesy Chicken Tortilla Soup WG Breadstick Seasoned Green Beans Orange Pepper Strips w/Dip Pineapple Chunks Milk Variety</p>	<p>3 Cinnamon Toast Crunch Breakfast Bar, Fruit, Juice Milk</p> <p>Hot Ham and Cheese Tater Tots Broccoli Parmesan Fresh Fruit Milk Variety</p>	<p>4 Breakfast Burrito, Fruit Juice, Milk</p> <p>Beef Tacos Salad w/Dressing Refried Beans Fresh Fruit Mandarin Oranges Milk Variety</p>	<p>5 Cereal, Banana, Juice, Milk</p> <p>Corndog Sweet Potato Fries Cucumber Slices w/Dip WG Chips Sidekick Milk Variety</p>	<p>6 French Toast Sticks, Fruit, Juice, Milk</p> <p>Pepperoni and Cheese Pizza Peas Carrots w/Hummus Apple Cobbler Milk Variety</p>
<p>9 Breakfast Pizza, Fruit, Juice, Milk</p> <p>Hotdog w/chili Creamy Coleslaw Baked Beans Fresh Fruit Milk Variety</p>	<p>10 Cinnamon Roll, Fruit, Juice, Milk</p> <p>Scrambled Eggs Biscuits and Gravy Hash Rounds Grape Tomatoes Cooked Apples Milk Variety</p>	<p>11 WG Pop-Tarts, Fruit, Juice, Milk</p> <p>Salisbury Steak Mashed Potatoes Broccoli Parmesan WG Roll Sidekick Milk Variety</p>	<p>12</p> <p><b>NO STUDENTS</b></p>	<p>13</p> <p><b>NO STUDENTS</b></p>
<p>16 Chicken Biscuit, Fruit, Juice, Milk</p> <p>Chicken Nuggets Macaroni and Cheese Cucumber Slices w/Dip Cooked Broccoli Fresh Fruit Milk Variety</p>	<p>17 Pancakes, Fruit, Juice, Milk</p> <p>Meatball Sub Sweet Potato Fries Baked Beans Fresh Fruit Milk Variety</p>	<p>18 Blueberry Bread, Fruit, Juice, Milk</p> <p>Fresh Baked BBQ Chicken WG Roll Mashed Potatoes Seasoned Green Beans Applesauce Milk Variety <i>West Virginia Wednesday!</i></p>	<p>19 Cereal, Banana, Juice, Milk</p> <p>Chili Cornbread Baked Potato Seasoned Corn Fresh Fruit Milk Variety</p>	<p>20 Cereal Bar, Yogurt Cup, Fruit, Juice, Milk</p> <p>Crispy Chicken Sandwich Hash Rounds Salad w/Dressing Fresh Fruit Pears Milk Variety</p>
<p>23 Banana Bread, Fruit, Juice, Milk</p> <p>Chicken Quesadilla Salsa and Sour Cream Tortillas w/Bean Dip Seasoned Corn Pears Milk Variety</p>	<p>24 Pancake Breakfast Bowl, Juice, Milk</p> <p>Pepperoni Roll Peas Glazed Carrots WG Cookie Fresh Fruit Milk Variety</p>	<p>25 Biscuits and Sausage Gravy, Fruit, Juice, Milk</p> <p>Mountain Steer Cheeseburger Lettuce and Tomato French Fries Seasoned Green Beans Fresh Fruit Milk Variety <i>West Virginia Wednesday!</i></p>	<p>26 Mini Waffles, Fruit, Juice, Milk</p> <p>Chicken Strips Baked Beans Broccoli Parmesan Mandarin Oranges Milk Variety</p>	<p>27 Strawberry Pancake Yogurt Parfait, Fruit, Juice, Milk</p> <p>Lasagna Roll Up WG Breadstick Spinach Salad w/Dressing Applesauce Milk Variety</p>
<p>30 Fruit Strudel, Fruit, Juice, Milk</p> <p>Fish Sticks Cornbread Creamy Coleslaw French Fries Pears Milk Variety</p>	<p>31 Pizza Bagel, Fruit, Juice, Milk</p> <p>Vegetable Soup Grilled Cheese Carrots w/Hummus Franken Cup Sidekick Milk Variety</p> <p><b>HAPPY HALLOWEEN</b></p>	<p>NATIONAL TACO DAY! OCTOBER 4</p>  <p>Greenbrier Dairy Fresh Cheese October 5</p>	<p>BIRTHDAY POPCORN OCTOBER 18, 2023</p> 	