

MENUS FOR SOUTH ELEMENTARY OCTOBER, 2023

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Also Available for Breakfast

Cereal, Pop Tarts, Donuts, & Toast

MONDAY OCT. 2

Breakfast: BREAKFAST PIZZA
Milk/Juice

Lunch:

CHILI OR VEGETABLE SOUP
Grilled Cheese
Carrots & Dip
Peaches or Pears
Milk/Juice

TUESDAY OCT.3

Breakfast: SAUSAGE & BISCUIT
Milk/Juice

Lunch:

TACO OR CHICKEN FAJITA
Refried Beans
Broccoli & Dip
Chips & Salsa
Lettuce/Tomato Cup
Apple or Orange
Milk/Juice

WEDNESDAY OCT. 4

Breakfast: BISCUIT & GRAVY
Milk/Juice

Lunch:

CHICKEN PATTY OR SAUSAGE
Tater Tots
Eggs
Biscuit & Gravy
Applesauce/
Milk/Juice

THURSDAY OCT.5

Breakfast: SCRAMBLED EGGS &
TOAST
Milk/Juice

Lunch:

SLOPPY JOE OR POPCORN
CHICKEN
Potato Wedges
Green Beans
Strawberries or Apples
Cookie
Milk/Juice

FRIDAY OCT. 6

Breakfast: MUFFIN
Milk/Juice

Lunch:

CORNDOG OR HAM & CHEESE
ANYTIMER
Baked Beans
Salad
Mandarin Oranges or Grapes
Milk/Juice

OCT. 9-13

FALL BREAK

MONDAY OCT. 16

Breakfast: BREAKFAST PIZZA
Milk/Juice

Lunch:

PIZZA OR CHICKEN SANDWICH
Corn
Salad
Apple or Orange
Milk/Juice

TUESDAY OCT. 17

Breakfast: PANCAKES
Milk/Juice

Lunch:

BURRITO OR CHICKEN FAJITA
Refried Beans
Carrots & Dip
Rice
Mixed Fruit or Pineapple Tidbits
Milk/Juice

WEDNESDAY OCT. 18

Breakfast: BISCUIT & GRAVY
Milk/Juice

Lunch:

MANDARIN ORANGE CHICKEN OR GENERAL
TSO CHICKEN
Mashed Potatoes
Green Beans
Roll
Diced Pears or Mandarin Oranges
Milk/Juice

THURSDAY OCT. 19

Breakfast: CHICKEN & BISCUIT
Milk/Juice

Lunch:

CHEESEBURGER OR CHICKEN
SMACKER
Fries
Veggie Cup
Apple or Orange
Cookie
Milk/Juice

FRIDAY OCT. 20

Breakfast: SCRAMBLED EGGS &
TOAST
Milk/Juice

Lunch:

CRISPY CHICKEN OR FISH
NUGGET/ROLL
Baked Beans
Salad
Grapes or Peaches
Cookie
Milk/Juice

MONDAY OCT. 23

Breakfast: TORNADO WRAP
Milk/Juice

Lunch:

SPAGHETTI AND MEATBALLS
OR PIZZA
Salad
Breadstick
Apple or Orange
Milk/Juice

TUESDAY OCT. 24

Breakfast: CHICKEN & BISCUIT
Milk/Juice

Lunch:

CHICKEN FAJITA OR TACO
Refried Beans
Carrots & Dip
Rice
Mixed Fruit or Pineapple
Milk/Juice

WEDNESDAY OCT. 25

Breakfast: BISCUIT & GRAVY
Milk/Juice

Lunch:

TURKEY OR HAM SANDWICH
Veggie Cup
Chips
Sidekick or Strawberry Cup
Milk/Juice

THURSDAY OCT. 26

Breakfast: PANCAKES
Milk/Juice

Lunch:

CHICKEN NUGGETS OR
HMBURGER
French Fries
Corn
Applesauce or Orange
Cookie
Milk/Juice

FRIDAY OCT. 27

Breakfast: MUFFIN

Milk/Juice

Lunch:

**BBQ SANDWICH OR GRILLED
CHEESE**

Baked Beans

Salad

Grapes or Mixed Fruit

Milk/Juice

MONDAY OCT. 30

Breakfast: BREAKFAST PIZZA

Milk/Juice

Lunch:

CHILI OR CHICKEN NOODLE SOUP

Grilled Cheese

Carrots & Dip

Strawberry Cup or Diced Peaches

Milk/Juice

TUESDAY OCT.31

Breakfast: SAUSAGE & BISCUIT

Milk/Juice

Lunch:

TACO OR CHICKEN FAJITA

Refried Beans

Broccoli & Dip

Chips & Salsa

Apple or Orange

Halloween Treat

Milk/Juice