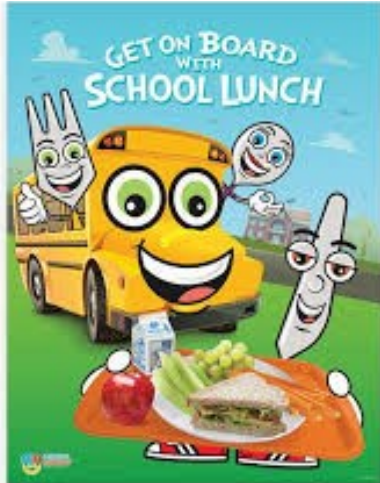


# Menus for October 2023

# Washington County High School and Early College High School



Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
<b>Breakfast</b> Honey Bun Fresh Apple  <b>Lunch</b> Oven Roasted Chicken & Roll Green Beans Yams Fresh Banana Pears	<b>Breakfast</b> Sausage Biscuit Slice Apples  <b>Lunch</b> Chicken Fillet Baby Carrots Lima Beans Applesauce Fruit Cocktail	<b>Breakfast</b> Choices of Cereal / Yogurt Peaches Cup  <b>Lunch</b> Taco (Turkey) Cajun Pinto Lettuce Cup Pears Apple slice	<b>Breakfast</b> Chicken Biscuit Applesauce  <b>Lunch</b> Cheeseburger Lettuce & Tomato Bowl French Fries Mandarin Orange Pineapple	<b>Breakfast</b> Banana Bread Fresh Orange  <b>Lunch</b> Spicy Chicken Wings Sweet Potato Fries Green Peas Mix fruit Peaches
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
<b>Breakfast</b> Blueberry Muffins Fresh Banana  <b>Lunch</b> Pizza Sliced Golden Corn Salad Bowl Applesauce Fresh Orange	<b>Breakfast</b> Breakfast Pizza Mix Fruit  <b>Lunch</b> Hot Dog on Bun Baked Beans Sweet Potato Fries Apple sliced Pears	<b>Breakfast</b> Honey Bun Applesauce  <b>Lunch</b> Chicken Alfredo Broccoli Yams Mix fruit Peaches	<b>Breakfast</b> Glazed Cinnamon Bun Sliced Apples  <b>Lunch</b> Turkey & Cheese Sub Blackeye Peas French Fries Applesauce Fresh Orange	<b>Breakfast</b> Choices of Cereal/Yogurt Dice Pears  <b>Lunch</b> Cheese Sticks w/ Marinara Yams Golden Corn Pineapples Mandarin Orange
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
<b>Breakfast</b> French Toast Banana Fresh  <b>Lunch</b> BBQ /Bun Baked Fries Baby Carrots Apple slice Applesauce	<b>Breakfast</b> Honey Bun Pears  <b>Lunch</b> Chicken Nuggets Glazed Carrots Garden Beans Peaches Pineapples	<b>Breakfast</b> Banana Muffin Mix Fruit  <b>Lunch</b> Hamburger Steak w/ Gravy Mash Potatoes Green Beans Pears Fruit Cocktail	<b>Breakfast</b> Chicken Biscuit Fruit Choice  <b>Lunch</b> Pizza Sliced Broccoli Sweet Potato Fries Apple Slice Fresh Oranges	<b>Breakfast</b> French Toast Mixed Fruit  <b>Lunch</b> BBQ /Bun Baked Fries Cole Slaw Mandarin Oranges Applesauce
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
<b>Breakfast</b> Supper Donut Fresh Banana  <b>Lunch</b> Fish Sticks Golden Corn French Fries Peaches Pears	<b>Breakfast</b> Breakfast Pizza Fresh Apple  <b>Lunch</b> Chicken Burger Cajun Pinto Bean Green Beans Applesauce Pears	<b>Breakfast</b> Nutri Grain Cereal Bar Peaches  <b>Lunch</b> Spaghetti with Roll Salad Bowl Baby Carrots Pears Fruit Cocktail	<b>Breakfast</b> Sausage Biscuit Mix Fruit  <b>Lunch</b> Turkey & Cheese Sub Lettuce with Tomato Baby Carrots Apple Slice Peaches	<b>Breakfast</b> Blueberry Muffins Fresh Apple  <b>Lunch</b> Chicken Nuggets Baked Fries Golden Corn Peaches Mix Fruit
Monday, October 30	Tuesday, October 31			
<b>Breakfast</b> French Toast Banana Fresh  <b>Lunch</b> Cheese Sticks w Marinara Sauce Green Beans Salad Bowl Peaches Applesauce	<b>Breakfast</b> Chicken Biscuit Applesauce  <b>Lunch</b> Cheeseburger Lettuce & Tomato Bowl French Fries Mandarin Orange Pineapple			

This institution is an equal opportunity provider.

Menu are subject to change due to weather, equipment breakdown, administrative instruction, and or product accessibility.

Breakfast & Lunch include choice of low-fat or fat-free milk.  
 100% Fruit Juice offered at Breakfast Daily