

# October 2025

## ACCA and CLA Menu

### LUNCH MENU:

|                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                |
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| <b>MONDAY, SEPTEMBER 29</b><br>Crispy Chicken Bites* & French Roll*<br>Mini Cheese or Pepperoni Calzones* & Marinara<br>PBJ Grab Bag*<br><br>Sides:<br>Herb-Roasted Potatoes<br>Mini Carrots & Dip<br>Seasonal Fresh Fruit<br>Mandarin Oranges   | <b>MONDAY, OCTOBER 6</b><br>Chicken Tenders* & French Roll*<br>Cheesy Breadsticks & Marinara<br>Power Bowls*<br><br>Sides:<br>Mashed Potatoes<br>Roasted Broccoli<br>Mini Carrots w/ Ranch<br>Seasonal Fresh Fruit, Applesauce |
| <b>TUESDAY, SEPTEMBER 30</b><br>Assorted Selection of Pizza*<br>PBJ Grab Bag*<br>Power Bowl*<br><br>Sides:<br>Steamed Kernel Corn<br>Garden Salad<br>Seasonal Fresh Fruit<br>Applesauce                                                          | <b>TUESDAY, OCTOBER 7</b><br>Beef Taco*<br>Vegetable Quesadilla*<br><br>Sides:<br>Shredded Lettuce & Salsa<br>Refried Beans<br>Seasonal Fresh Fruit<br>Tropical Fruit Salad                                                    |
| <b>WEDNESDAY, OCTOBER 1</b><br>Buffalo Ranch Chicken Salad on Croissant*<br>Italian Deli Sandwich*<br>PBJ Grab Bag*<br><br>Sides:<br>Quick Pickled Cucumbers<br>Shredded Lettuce<br>HOTM: Roasted Summer Squash<br>Seasonal Fresh Fruit<br>Pears | <b>WEDNESDAY, OCTOBER 8</b><br>Spicy Chicken Sandwich*<br>BBQ Pork Riblet Sandwich*<br>PBJ Grab Bag*<br><br>Sides:<br>Potato Sidewinders<br>Coleslaw<br>Seasonal Fresh Fruit<br>Craisins/Raisins<br>Freshly-baked Cookie*      |
| <b>THURSDAY, OCTOBER 2</b><br>Assorted Selection of Pizza*<br>PBJ Grab Bag*<br>Power Bowl*<br><br>Sides:<br>Steamed Broccoli<br>Assorted Fresh Vegetables w/ Dip<br>Seasonal Fresh Fruit<br>Peaches                                              | <b>THURSDAY, OCTOBER 10</b><br><br>NO SCHOOL                                                                                                                                                                                   |
| <b>FRIDAY, OCTOBER 3</b><br>Crispy Chicken Sandwich*<br>Hot Dog*<br>PBJ Grab Bag*<br><br>Sides:<br>Sweet Potato Wedges<br>Baked Beans/Campfire Beans<br>Seasonal Fresh Fruit<br>Craisins/Raisins<br>Freshly-baked Cookie*                        | <b>FRIDAY, OCTOBER 11</b><br><br>NO SCHOOL                                                                                                                                                                                     |

### Breakfast Menu:

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| <b>Mondays</b><br>Sausage Biscuit*<br>Breakfast Bun*<br>Cereal* & PopTart*<br><br>Sides:<br>Seasonal Fresh Fruit<br>100% Juice<br>Choice of Milk | <b>Tuesdays</b><br>Chicken Biscuit*<br>Manager's Choice<br>Yogurt & Granola*<br><br>Sides:<br>Seasonal Fresh Fruit<br>100% Juice<br>Choice of Milk | <b>Wednesdays</b><br>Sausage & Cheddar<br>Croissant*<br>Mini Cinnis*<br>Cereal & PopTart*<br>Coffee Cooler Meal*<br><br>Sides:<br>Seasonal Fresh Fruit<br>100% Juice<br>Choice of Milk | <b>Thursdays</b><br>Bacon, Egg &<br>Cheese Biscuit*<br>Muffin* & Cheese<br>Fruit & Yogurt<br>Parfait*<br><br>Sides:<br>Seasonal Fresh Fruit<br>100% Juice<br>Choice of Milk | <b>Fridays</b><br>Glazed Yeast Donut*<br>Mini Waffles*<br>Cereal & Crackers*<br>Coffee Cooler Meal*<br><br>Sides:<br>Seasonal Fresh Fruit<br>100% Juice<br>Choice of Milk |
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## HARVEST OF THE MONTH: SQUASH

### Summer Squash:

- ⇒ Grow quickly and have thin skin.
- ⇒ Retain most nutrients.
- ⇒ Leave their skin on while eating.
- ⇒ Zucchini, yellow and scallop squashes are the primary summer squashes.

### Winter Squash:

- ⇒ Grow more slowly and have hard, thick skin that allows them to be stored in a dry, cool location for several months
- ⇒ Take their skin off while eating.
- ⇒ Acorn, butternut, and spaghetti squashes are the primary winter ones.



## Pump Up Your Day with a Power Bowl

ALL BOWLS START WITH A BASE MADE FROM SPINACH, TOMATOES, AND CUCUMBER;  
PLUS A LITTLE SOMETHING EXTRA. DON'T MISS OUT!

### Monday: Fiesta Chicken

grilled chicken breast, cheddar cheese, black beans, corn, salsa, guacamole, & tortilla chips

### Tuesday: Mediterranean Chicken

grilled chicken breast, feta cheese, hummus, olives, and lemon wedges

### Wednesday: Cobb Salad

deli ham & turkey breast, cheddar cheese, chopped bacon, peas, & hard-boiled egg

### Thursday: Nuts & Bolts

kale, chickpeas, edamame, and toasted almonds

### Friday: Manager's Choice

## Get Outside...Fall Fun in ATHENS!

- ⇒ **State Botanical Garden of Georgia:** Enjoy the fall colors by touring the numerous gardens and trails that can be found on South Milledge Avenue. You can even take a picnic!
- ⇒ **Corn Maze & Pumpkin Picking at Washington Farms:** Head out to Watkinsville for some fall themed fun at this farm. Activities include: pig races, petting zoos, bouncy houses and so much more!
- ⇒ **UGA Homecoming Parade:** Celebrate our very own Georgia Bulldogs by cheering them on during the homecoming on Saturday, October 4th!

FOLLOW US:   

## Everyday Offerings

Power Bowls  
PB&J Grab and Go Bags  
Seasonal Fresh Fruit  
Fruit of the Day @ Breakfast

## Beverages

8 oz. Flavored, Non-fat Milk  
8 oz. Unflavored, Low-fat and Non-fat Milk

## TRY THIS AT HOME: ROASTED OKRA

1 lb. fresh okra, rinsed & dried  
2 tablespoons olive or canola oil  
3/4 teaspoon salt  
1/2 teaspoon garlic powder  
1/4 teaspoon pepper

- Preheat oven to 425 degrees and line a baking sheet with foil.
- Add the okra to the baking sheet and drizzle with oil and season with seasonings. Toss until well coated.
- Bake for 12 minutes. Allow to cool slightly and ENJOY!



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| <b>MONDAY, OCTOBER 13</b><br><br><b>NO SCHOOL</b>                                                                                                                                                                                                            | <b>MONDAY, OCTOBER 20</b><br>Honey Sriracha Chicken Bites* & French Roll*<br>Garlic & Herb Cheese Pull Apart* w/ Marinara<br>PBJ Grab Bag*<br><br>Sides:<br>Loaded Mashed Potatoes<br>Green Beans<br>Seasonal Fresh Fruit<br>Peaches     | <b>MONDAY, OCTOBER 27</b><br>Crispy Chicken Bites* & French Roll*<br>Mini Cheese or Pepperoni Calzones* & Marinara<br>PBJ Grab Bag*<br><br>Sides:<br>Steamed, Fresh Green Beans<br>Mini Carrots & Dip<br>Seasonal Fresh Fruit<br>Mandarin Oranges |
| <b>TUESDAY, OCTOBER 14</b><br>Buffalo Chicken Tenders* & French Roll*<br>Cheesy Breadstick Bites* & Marinara<br>PBJ Grab Bag*<br><br>Sides:<br>Herb-Roasted Potatoes<br>Roasted Broccoli<br>Carrot Sticks w/ Dip<br>Seasonal Fresh Fruit<br>Mandarin Oranges | <b>TUESDAY, OCTOBER 21</b><br>Beef & Cheese Nachos*<br>Bean & Cheese Pupusa*<br>PBJ Grab Bag*<br><br>Sides:<br>Carrot Sticks w/ Dip<br>Spicy Black Beans<br>Seasonal Fresh Fruit<br>Pears                                                | <b>TUESDAY, OCTOBER 28</b><br>Assorted Selection of Pizza*<br>PBJ Grab Bag*<br>Power Bowl*<br><br>Sides:<br>Steamed Kernel Corn<br>Garden Salad<br>Seasonal Fresh Fruit<br>Applesauce                                                             |
| <b>WEDNESDAY, OCTOBER 15</b><br>Asian Chicken Bites* & French Roll*<br>Mandarin Orange Chicken w/ Brown Rice*<br>Power Bowl*<br><br>Sides:<br>Steamed Broccoli<br>Assorted Fresh Vegetables w/ Dip<br>Seasonal Fresh Fruit<br>Applesauce/Applesauce Cup      | <b>WEDNESDAY, OCTOBER 22</b><br>Chicken Tenders* & Waffle*<br>PBJ Grab Bag*<br>Power Bowl*<br><br>Sides:<br>Steamed Fresh Broccoli<br>Assorted Fresh Vegetables with Ranch<br>Seasonal Fresh Fruit<br>Applesauce                         | <b>WEDNESDAY, OCTOBER 29</b><br>Buffalo Ranch Chicken Salad on Croissant*<br>Italian Deli Sandwich*<br>PBJ Grab Bag*<br><br>Sides:<br>Quick Pickled Cucumbers<br>Shredded Lettuce<br>HOTM: Roasted Summer Squash<br>Seasonal Fresh Fruit<br>Pears |
| <b>THURSDAY, OCTOBER 16</b><br>Assorted Selection of Pizza*<br>PBJ Grab Bag*<br>Power Bowl*<br><br>Sides:<br>Garden Salad<br>Orange-Glazed Carrots<br>Seasonal Fresh Fruit<br>Pears                                                                          | <b>THURSDAY, OCTOBER 23</b><br>Assorted Selection of Pizza*<br>PBJ Grab Bag*<br>Power Bowl*<br><br>Sides:<br>Steamed Kernel Corn<br>Mini Carrots with Ranch<br>Seasonal Fresh Fruit<br>Fruit Salad                                       | <b>THURSDAY, OCTOBER 30</b><br>Assorted Selection of Pizza*<br>PBJ Grab Bag*<br>Power Bowl*<br><br>Sides:<br>Steamed Fresh Broccoli<br>Assorted Fresh Vegetables w/ Dip<br>Seasonal Fresh Fruit<br>Peaches                                        |
| <b>FRIDAY, OCTOBER 17</b><br>Hamburger/Cheeseburger*<br>Hot Dog*<br><br>Sides:<br>Assorted Fresh Vegetables w/ Dip<br>Baked Beans/Campfire Beans<br>Seasonal Fresh Fruit<br>Craisins/Raisins                                                                 | <b>FRIDAY, OCTOBER 24</b><br>Hot Honey Chicken Croissant Sandwich*<br>BBQ Pork Sandwich*<br>PBJ Grab Bag*<br><br>Sides:<br>Potato Wedges<br>Quick Pickled Cucumbers<br>Seasonal Fresh Fruit<br>Craisins/Raisins<br>Freshly-baked Cookie* | <b>FRIDAY, OCTOBER 31</b><br>Crispy Chicken Sandwich*<br>Hot Dog*<br><br>Sides:<br>Sweet Potato Wedges<br>Baked Beans/Campfire Beans<br>Seasonal Fresh Fruit<br>Craisins/Raisins<br>Celebration Cookie*                                           |

### NATIONAL SCHOOL LUNCH WEEK

October 14th—17th



### Breakfast Menu:

| <b>Mondays</b>                                                        | <b>Tuesdays</b>                                                       | <b>Wednesdays</b>                                                                           | <b>Thursdays</b>                                                                  | <b>Fridays</b>                                                                    |
|-----------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Sausage Biscuit*<br>Breakfast Bun*<br>Cereal* & PopTart*              | Chicken Biscuit*<br>Manager's Choice<br>Yogurt & Granola*             | Sausage & Cheddar<br>Croissant*<br>Mini Cinnis*<br>Cereal & PopTart*<br>Coffee Cooler Meal* | Bacon, Egg &<br>Cheese Biscuit*<br>Muffin* & Cheese<br>Fruit & Yogurt<br>Parfait* | Glazed Yeast Donut*<br>Mini Waffles*<br>Cereal & Crackers*<br>Coffee Cooler Meal* |
| <b>Sides:</b><br>Seasonal Fresh Fruit<br>100% Juice<br>Choice of Milk | <b>Sides:</b><br>Seasonal Fresh Fruit<br>100% Juice<br>Choice of Milk | <b>Sides:</b><br>Seasonal Fresh Fruit<br>100% Juice<br>Choice of Milk                       | <b>Sides:</b><br>Seasonal Fresh Fruit<br>100% Juice<br>Choice of Milk             | <b>Sides:</b><br>Seasonal Fresh Fruit<br>100% Juice<br>Choice of Milk             |

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