



Cafeteria Manager, Patricia Bentley

Menu is subject to Change.



Nutrition Tip: Make half your plate veggies and fruits.

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

USDA is an equal opportunity provider, employer, and lender. Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday



Cheese Sticks/w sauce **1**
 Corn
 Green Beans
 Fruit
 Choice of Milk

Hamburger w/ lettuce and tomato **2**
 Chips
 Fruit
 Choice of Milk

VIRTUAL LEARNING DAY **5**
Meal Delivery: 11 AM-12 PM
OR
Meal Pick Up: 12 PM-1 PM

Popcorn Chicken **6**
 Roll
 Corn
 Veggie Cup
 Fruit
 Choice of Milk

Chicken Taco Wrap **7**
 Caesar salad
 Carrots w/ dip
 Fruit
 Choice of Milk

PB&J w/ cheese stick OR **8**
 Grilled Cheese
 Chips
 Peas and Carrots
 Fruit
 Choice of Milk

Sausage biscuit OR **9**
 Chicken biscuit
 Tri-Taters
 Gravy
 Fruit
 Choice of Milk

FALL BREAK **12**

FALL BREAK **13**

FALL BREAK **14**

FALL BREAK **15**

FALL BREAK **16**

STUDENT HOLIDAY/TEACHER WORKDAY **19**

Burrito **20**
 Refried beans
 Corn
 Fruit
 Choice of Milk

Pizza **21**
 Caesar salad
 Carrots w/ dip
 Fruit
 Choice of Milk

Steak Nuggets **22**
 Roll
 Veggie cup
 Mac & cheese
 Fruit
 Choice of Milk

Hotdog **23**
 Baked beans
 Fries
 Slaw
 Fruit
 Choice of Milk

VIRTUAL LEARNING DAY **26**
Meal Delivery: 11 AM-12 PM
OR
Meal Pick Up: 12 PM-1 PM

Cowboy Nachos **27**
 Refried Beans
 Corn
 Fruit
 Choice of Milk

Egg & Cheese Omelet OR **28**
 Steak Biscuit
 Tri-Taters
 Tomato Wedges
 Fruit
 Choice of Milk

Cheese Sticks W/Marinara **29**
 Carrots & Dip
 Salad
 Fruit
 Choice of Milk

Halloween Special! **30**
 Mummy dogs
 Cheese sticks
 Eyes (baked beans)
 Fruit
 Choice of Milk