

# Menus for OCTOBER 2023

## Your Good!

**ALL STUDENTS EAT**

**ALL MEALS @  
NO COST  
ALL YEAR LONG**

**Non-Fat Chocolate  
& 1% Milk Offered Daily**

**JOIN US FOR  
NATIONAL  
SCHOOL LUNCH  
WEEK  
October 9-13, 2023**

### Monday, October 2

#### **Breakfast**

Breakfast Bar  
Cereal  
Fruit Cup  
Breakfast Garden Bar

#### **Lunch**

Ham & Cheese Sandwich  
Veggie Wrap  
Tator Tots  
Garden Bar

### Tuesday, October 3

#### **Breakfast**

Ham & Egg Breakfast  
Casserole  
Cereal  
Fruit Cup  
Breakfast Garden Bar

#### **Lunch**

Beef & Cheese Nachos  
Bean & Cheese Nachos  
Salsa  
Garden Bar

### Wednesday, October 4

#### **Breakfast**

Pancakes w/Bacon  
Cereal  
Juice  
Breakfast Garden Bar

#### **Lunch**

Hamburger  
Grilled Cheese Sandwich  
French Fries  
Garden Bar

### Thursday, October 5

#### **Breakfast**

Bagel & Cream Cheese  
Cereal  
Pear Cup  
Breakfast Choice Bar

#### **Lunch**

Crispy Chicken Sandwich  
Cheesy Sticks w/ Ranch  
Waffle Fries  
Garden Bar

### Friday, October 6

#### **Breakfast**

Homemade Cinnamon  
Roll  
Cereal  
Breakfast Garden Bar

#### **Lunch**

Pepperoni or Cheese  
Pizza  
Garden Salad  
Garden Bar

### Monday, October 9

#### **Breakfast**

Buttermilk Bar  
Cereal  
Peach Cup  
Breakfast Garden Bar

#### **Lunch**

Chicken Nuggets  
Cheesy Pillows w/  
Marinara  
Peas  
Garden Bar

### Tuesday, October 10

#### **Breakfast**

Pancakes w/Bacon  
Cereal  
Juice  
Breakfast Garden Bar

#### **Lunch**

Beef Soft Tacos  
Cheese Quesadilla  
Southwestern Beans  
Garden Bar

### Wednesday, October 11

#### **Breakfast**

Breakfast Pizza  
Cereal  
Fruit Cup  
Breakfast Garden Bar

#### **Lunch**

Hot Dog  
WOWButter & Jelly  
Sandwich  
Smiley Spuds  
Garden Bar

### Thursday, October 12

#### **Breakfast**

Waffles & Sausage  
Cereal  
Peach Cup  
Breakfast Garden Bar

#### **Lunch**

Chicken Tenders  
Veggie Burger  
Potato Wedges  
Garden Bar

### Friday, October 13

#### **Breakfast**

Sausage & Egg Biscuit  
Cereal  
Peach Cup  
Breakfast Garden Bar

#### **Lunch**

Grilled Ham & Cheese  
Mozzarella Stuffed Sticks  
Smooth Cherry Cup  
Fruit  
Garden Bar

## STRANGE BUT TRUE!

CHECK **THIS** OUT! A HUMMINGBIRD'S TONGUE IS  
**ENORMOUS**, ESPECIALLY CONSIDERING ITS TINY  
OVERALL SIZE! THAT TONGUE IS JUST AS LONG AS ITS  
LONG BEAK, AND THE BIRD

USES IT TO  
**DRINK NECTAR**  
FROM FLOWERS AND BACKYARD  
FEEDERS. WHEN HUMMINGBIRDS  
ARE NOT FEEDING, THAT GIANT  
TONGUE ROLLS UP LIKE A HOSE  
**INSIDE THEIR HEAD  
BEHIND THEIR EYES!**

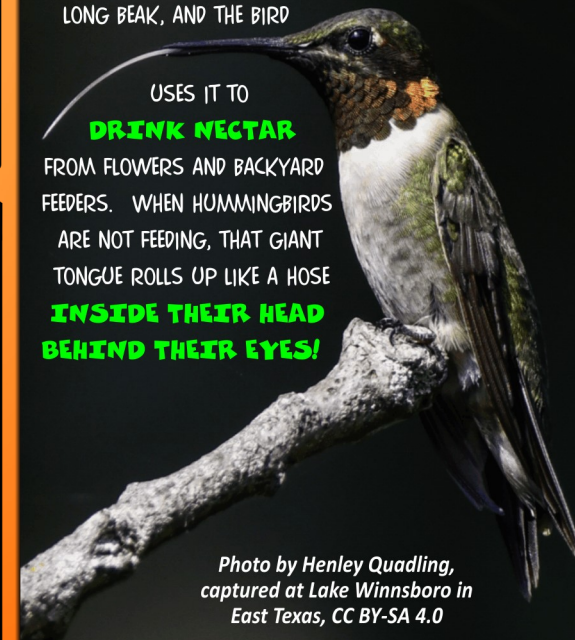


Photo by Henley Quadling,  
captured at Lake Winnabow in  
East Texas, CC BY-SA 4.0

**YOU NEVER KNOW WHAT YOU  
MIGHT RUN INTO OUT THERE!**



**STAY ALERT & BE SAFE!**

**Garden Bar**

**Monday**

**Breakfast**

Plums (HOM),  
Chilled Mixed Fruit  
Apple ,Juice

**Lunch**

Garden Salad, , Carrots w/  
Ranch  
Kiwi, Chilled Peaches,  
Strawberry Cup

**Tuesday**

**Breakfast**

Kiwi, Pineapple Bits  
Chilled Pears, Juice

**Lunch**

Spinach Salad,  
Sunflower Seeds,  
Applesauce, Celery  
Sticks w/ WOWButter,  
Melon Chunks (HOM)

**Wednesday**

**Breakfast**

Bananas, Strawberries  
(HOM), Dried Fruit, Juice

**Lunch**

Garden Salad,  
Sweet Peppers (HOM),  
Chilled Pears, Zucchini  
Coins (HOM), Bananas

**Thursday**

**Breakfast**

Mixed Fruit, Bananas,  
Applesauce ,Juice

**Lunch**

Garden Salad, Garban-  
zo Beans, Strawberries  
(HOM)  
Apple Slices w/ WOW-  
Butter, Fruit Cup

**Friday**

**Breakfast**

Fresh Fruit Choice  
Chilled Mixed Fruit, Juice

**Lunch**

Garden Salad, Broccoli and  
Carrots, Chilled Peaches,  
Jello, Fresh Fruit Choice

HOM=  
HARVEST OF  
THE MONTH

**Monday, October 16**

**Breakfast**

Pop Tart & Yogurt  
Cereal  
Peach Cup  
Breakfast Garden Bar

**Lunch**

Chicken Fajitas  
Bean & Cheese Burrito  
Salsa  
Garden Bar

**Tuesday, October 17**

**Breakfast**

Scrambled Eggs & Toast  
Cereal  
Juice  
Breakfast Garden Bar

**Lunch**

Hamburger  
Grilled Cheese Sandwich  
French Fries  
Garden Bar

**Wednesday, October 18**

**Breakfast**

Breakfast Sandwich  
Cereal  
Applesauce Cup  
Breakfast Garden Bar

**Lunch**

Chicken Sandwich  
Veggie Sub Sandwich  
Tator Tots  
Garden Bar

**Thursday, October 19**

**Breakfast**

Waffles & Sausage  
Cereal  
Peach Cup  
Breakfast Garden Bar

**Lunch**

Spaghetti w/ Meat Sauce  
Cheesy Spaghetti  
WG Roll  
Green Beans  
Garden Bar

**Friday, October 20**

**Breakfast**

Homemade Cinnamon  
Roll  
Cereal  
Breakfast Garden Bar

**Lunch**

Pepperoni or Cheese  
Pizza  
Garden Salad  
Garden Bar

**Monday, October 23**

**Breakfast**

Breakfast Burrito  
Cereal  
Fruit Cup  
Breakfast Garden Bar

**Lunch**

Deli Sandwich  
Cheesey Sticks w/  
Marinara  
Carrots  
Garden Bar

**Tuesday, October 24**

**Breakfast**

Pancake & Sausage on a  
Stick  
Cereal  
Peach Cup  
Juice

**Lunch**

Macaroni & Cheese  
Corn Dog  
Green Beans  
Fruit

**Wednesday, October 25**

**Breakfast**

Sausage & Egg Bagel  
Cereal  
Applesauce Cup  
Breakfast Garden Bar

**Lunch**

Teriyaki Chicken & Rice  
Bowl  
Teriyaki Tofu & Rice Bowl  
Broccoli Bites  
Garden Bar

**Thursday, October 26**

**Breakfast**

Buttermilk Bar  
Cereal  
Peach Cup  
Breakfast Garden Bar

**Lunch**

Cheeseburger Sliders  
WOW Butter & Jelly  
Sandwich  
French Fries  
Garden Bar

**Friday, October 27**

**Breakfast**

Breakfast Pizza  
Cereal  
Breakfast Garden Bar

**Lunch**

Popcorn Chicken  
Cheese Sticks w/  
Marinara  
Green Salad  
Garden Bar

**Monday, October 30**

**Breakfast**

Scrumptious Scone  
Cereal  
Fruit Cup  
Breakfast Garden Bar

**Lunch**

Pozole w/ Tortilla  
Bean & Cheese Burritos  
Mexicali Corn  
Garden Bar

**Tuesday, October 31**

**Breakfast**

Breakfast ~~BOO~~rrito  
Cereal  
Fruit Cup  
Breakfast Garden Bar

**Lunch**

Oven Roasted Chicken  
~~VAMPIRE~~ Veggie Chili  
Beans  
w/ WG Roll  
~~GHOULISH~~ Green Beans  
Fruit

**HAPPY  
HALLOWEEN**

