








October Lunch Menu



RPS/RES

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
CHOICE OF ONE ENTREE Chicken Patty on a bun Hamburger or Cheeseburger on bun 1/2 Chef Salad w/Big Gogurt /Roll Lett,Tom, Pickle Cup Mayo, Mustard Oven Baked Fries w/ketchup Baked Beans Chilled Peach Slices	CHOICE OF ONE ENTREE Beefy Nachos/Cheese/Sour Cream Sloppy Joe on a bun Ham Sand Let/Tom/Pickle/Doritos Lett,Tom, Pickle Cup Mayo, Mustard Salsa Pintos and Cheese Creamy Cole Slaw Apple Wedges	CHOICE OF ONE ENTREE Chicken Nuggets w/-Dipping Sauce Pulled Pork Potato/Cheese/BBQ Sauce 1/2 Chef Salad w/Big Gogurt/ Dressing Fresh Squash Medley Glazed Carrots Wheat Roll Mandarin Oranqes	CHOICE OF ONE ENTREE Penne Pasta Alfredo/ Roll Fish Sticks w/Hush Puppies Wow Butter Sandwich w/ Doritos Seasoned Green Beans Oven Baked Okra Wheat Roll Applesauce Cups	CHOICE OF ONE ENTREE Baked Cheese Sticks w/Marinara Chicken Chili w/Cornbread 1/2 Chef Salad w/Big Gogurt/Cornbread Broccoli w/Cheese Fresh Baby Carrots w/ Ranch Pineapple Tidbits Juice Pop
MONDAY 8  FALL BREAK NO SCHOOL	TUESDAY 9  FALL BREAK NO SCHOOL	WEDNESDAY 10  FALL BREAK NO SCHOOL	THURSDAY 11 ***BREAKFAST FOR LUNCH*** Chicken and Waffles w/Syrup Sausage and Eggs Seasoned Roasted Potatoes Fresh Baby Carrots w/Ranch Southern Style Biscuit and Gravy Rosy Applesauce	FRIDAY 12 CHOICE OF ONE ENTREE Baked Cheese Sticks w/Marinara Spaghetti w/Meat Sauce WW Roll Pepperoni/ Cheese Pizza Seasoned Whole Kernel Corn Broccoli w/Cheese Chilled Pear Slices
MONDAY 15 CHOICE OF ONE ENTREE Teriyaki Chicken/Rice/Fortune Cookie Lasagna Roll Up 1/2 Chef Salad w/Big Gogurt/Cornbread Glazed Carrots Broccoli w/Cheese Roll 2 oz. Diced Peaches	TUESDAY 16 CHOICE OF ONE ENTREE Popcorn Chicken Smackers/ Dipping Sauce Marvelous Meatloaf Ham Sand Let/Tom/Pickle/Doritos Mustard, Mayo Mashed Potatoes Pinto Beans 2oz Roll Rosy Applesauce	WEDNESDAY 17 CHOICE OF ONE ENTREE Pulled Pork BBQ Sandwich Chicken Tetrazzini w/Roll 1/2 Chef Salad w/Big Gogurt /Roll Seasoned Green Beans Creamy Cole Slaw Fresh Apples Frozen Juice Pop	THURSDAY 18 ***BREAKFAST FOR LUNCH*** Chicken and Waffles w/Syrup Sausage and Eggs Seasoned Roasted Potatoes Fresh Baby Carrots w/Ranch Southern Style Biscuit and Gravy Strawberries and Blueberries	FRIDAY 19 CHOICE OF ONE ENTREE Pepperoni or Cheese Pizza Baked Potato w/ Ham and Cheese/ Roll Wow Butter Sandwich w/ Doritos Seasoned Corn Broccoli w/Cheese Chilled Peach Slices
MONDAY 22 CHOICE OF ONE ENTREE Chicken Patty on a bun Hamburger or Cheeseburger on bun 1/2 Chef Salad w/Big Gogurt /Roll Lett,Tom, Pickle Cup Mayo, Mustard Oven Baked Fries w/ketchup Baked Beans Chilled Peach Slices	TUESDAY 23 CHOICE OF ONE ENTREE Beefy Nachos/Cheese/Sour Cream Sloppy Joe on a bun Ham Sand Let/Tom/Pickle/Doritos Lett,Tom, Pickle Cup Mayo, Mustard Salsa Pintos and Cheese Creamy Cole Slaw Apple Wedges	WEDNESDAY 24 CHOICE OF ONE ENTREE Chicken Nuggets w/-Dipping Sauce Pulled Pork Potato/Cheese/BBQ Sauce 1/2 Chef Salad w/Big Gogurt/ Dressing Fresh Squash Medley Glazed Carrots Wheat Roll Mandarin Oranges	THURSDAY 25 CHOICE OF ONE ENTREE Penne Pasta Alfredo/ Roll Fish Sticks w/Hush Puppies Wow Butter Sandwich w/ Doritos Seasoned Green Beans Oven Baked Okra Wheat Roll Applesauce Cups	FRIDAY 26 CHOICE OF ONE ENTREE Baked Cheese Sticks w/Marinara Chicken Chili w/Cornbread 1/2 Chef Salad w/Big Gogurt/Cornbread Broccoli w/Cheese Fresh Baby Carrots w/ Ranch Pineapple Tidbits Juice Pop
MONDAY 29 CHOICE OF ONE ENTRÉE Hamburger or Cheeseburger on bun Hot Dog on a bun Wow Butter Sandwich w/ Doritos Lett,Tom, Pickle Cup Mayo, Mustard Baked Beans Oven Baked Fries w/ketchup Strawberries and Blueberries	TUESDAY 30 CHOICE OF ONE ENTRÉE Pulled Pork Nachos w/Cheese/Sour Cream Bowl of Chili w/Toasted Cheese Sand. Baked Potato w/Chili/Cheese Sour Cream and Roll w/Potato Fresh Squash Medley Glazed Baby Carrots Diced Pears	WEDNESDAY 31 CHOICE OF ONE ENTRÉE Popcorn Chicken Smackers/Dipping Breaded Steak and Gravy 1/2 Chef Salad w/Big Gogurt/ Dressing Southern Style Biscuit Mashed Potatoes Seasoned Green Beans Chilled Peach Slices Chocolate Chip Cookie	Each day we will have additional fruit and juice choices. Also, a variety of milk will be offered everyday. If your student would prefer to drink water, fountains are either in the cafeteria or right outside and cups are available upon request.   ***FREE - MealViewer-in your Favorite App. Store!*** ***See your Child's Menu on your phone, tablet, or computer***	