



OCTOBER | 2017

Russellville School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <u>BREAKFAST</u> Sausage Biscuit or Cereal, Fresh Fruit, Juice, Milk <u>LUNCH</u> 1st Popcorn Chicken <u>2nd Turkey on Bun</u> Alfredo Noodles, Broccoli, Veggie Bar, Strawberry Cup, Fresh Fruit or Juice, Milk</p>	<p>3 <u>BREAKFAST</u> Biscuit/Gravy or Cereal, Fresh Fruit, Juice, Milk <u>LUNCH</u> 1st Chicken Dumpling <u>2nd 2- Cheese Sticks/Sauce</u> Whole Potatoes, Carrots, Veggie Bar, Mandarin Oranges, Fresh Fruit or Juice, Milk</p>	<p>4 <u>BREAKFAST</u> Egg/Bacon Biscuit or Cereal, Fresh Fruit, Juice, Milk <u>LUNCH</u> 1st Taco (Soft Shell) <u>2nd Burrito</u> Cheese Cup, Smiley Fries, Salsa, Refried Beans, Veggie Bar, Pears, Fruit or Juice, Milk</p>	<p>5 <u>BREAKFAST</u> Chocolate Donut or Cereal, Steak Biscuit, Fruit, Juice, Milk <u>LUNCH</u> 1st Pizza <u>2nd BBQ McRib on Bun</u> French Fries, California Blend, Veggie Bar, Applesauce, Fresh Fruit or Juice, Milk</p>	<p>6 <u>BREAKFAST</u> Chicken Biscuit or Pancakes Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1st Lasagna Roll <u>2nd Chicken Tenders</u> Garlic Knots, Green Beans, Corn, Veggie Bar, Pineapple, Fresh Fruit or Juice, Milk</p>
<p>9 <u>BREAKFAST</u> Breakfast Pizza or Muffin Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1st Chicken Fajita/Soft Shell <u>2nd Beef Teriyaki</u> Toast, Waffle Fries Veggie Bar, Broccoli/Cheese, Peaches or Fresh Fruit or Juice, Milk</p>	<p>10 <u>BREAKFAST</u> Cinnamon Roll or Steak Biscuit Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1st Pepperoni Pizza <u>2nd 2- Chicken Sliders</u> Potato Wedges, Corn, Veggie Bar, Mixed Fruit, Fresh Fruit, or Juice, Milk</p>	<p>11 <u>BREAKFAST</u> Chicken Biscuit / Banana Bread Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1st Turkey Roast <u>2nd Chicken Casserole</u> Roll, Sweet Potatoes, Green Beans, Veggie Bar, Strawberry Fresh Fruit or Juice, Milk</p>	<p>12 <u>BREAKFAST</u> Pop Tarts or Bacon Biscuit Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1st Chicken Filets <u>2nd Meatloaf</u> Mashed Potatoes, Peas, Veggie Bar, Roll, Fresh Fruit, Pears Or Juice, Milk</p>	<p>13 <u>BREAKFAST</u> Sausage Biscuit or Cereal, Fresh Fruit, Juice, Milk <u>LUNCH</u> 1st BBQ Pork on Bun <u>2nd Fish/Hushpuppies</u> Baked Beans, French Fries, Slaw, Veggie Bar, Applesauce, Fruit, Juice, Milk <u>Free Sherbet</u></p>
16	17	18	19	20
Fall Break				
<p>23 <u>BREAKFAST</u> Chicken Biscuit or Cereal or Cinn Mini, Fruit, Juice, Milk <u>LUNCH</u> 1st Hot Dog (Plain) on Bun <u>2nd 2- Mini Cheeseburger</u> Chili, Waffle Fries, Baked Bean Veggie Bar, Peaches, Fresh Fruit or Juice, Milk</p>	<p>24 <u>BREAKFAST</u> French Toast or Steak Biscuit Cereal, Fruit, Juice, Milk <u>BRUNCH FOR LUNCH</u> 1st Chicken w/Eggs <u>2nd Bacon w/Eggs</u> Biscuit, Seasoned Potatoes, Gravy, Baked Apples, Veggie Bar Fruit Choice, Juice, Milk</p>	<p>25 <u>BREAKFAST</u> Biscuit/Gravy or Cereal, Fresh Fruit, Juice, Milk <u>LUNCH</u> 1st Beef Teriyaki <u>2nd Chicken Casserole</u> Mashed Potatoes, Green Beans, Veggie Bar, Roll, Fresh Fruit, Strawberries or Juice, Milk</p>	<p>26 <u>BREAKFAST</u> Sausage Biscuit Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1st Taco (Soft Shell) <u>2nd Popcorn Chicken</u> Roll, Cheese Cup, Pinto Beans, Salsa, Corn, Veggie Bar, Pineapple, Fruit or Juice, Milk</p>	<p>27 <u>BREAKFAST</u> Egg/Bacon Biscuit or Cereal, Funnel Cake, Fruit, Juice, Milk <u>LUNCH</u> 1st Mini Calzones <u>2nd Chicken Alfredo</u> Toast, Broccoli/Cheese, Carrots, Veggie Bar, Fresh Fruit Mandarin Orange or Juice, Milk</p>
<p>30 <u>BREAKFAST</u> Sausage Biscuit or Cereal or Donut, Fruit, Juice, Milk <u>LUNCH</u> 1st Pizza <u>2nd Grilled Chicken on Bun</u> French Fries, Green Beans, Veggie Bar, Applesauce, Fresh Fruit or Juice, Milk</p>	<p>31 <u>BREAKFAST</u> Cherry Frudel or Chicken Biscuit, Cereal, Fruit, Juice, Milk <u>LUNCH</u> 1st Quesadilla <u>2nd BBQ Pork Nachos/Queso</u> Broccoli/Cheese, Salsa, Corn, Veggie Bar, Peaches or Fresh Fruit or Juice, Milk</p>			

News

**October 9-13 is
National School
Lunch Week
"Recipe for Success"**

**Choice of One Entrée
Each meal must have a
Serving of fruit or vegetable
and at least 2
Other choices to be a
Complete meal.**

**Daily offerings include:
Fruit choices fresh veggie
bar, 1% or fat-free Milk**

**Menus are subject to
Change without notice.**

**Hamblen County is an equal
Opportunity provider & employer**

**According to federal law and
USDA policy this institution is
Prohibited from discrimination on
The bases of race, color, natural
origin, sex, age, or disability. To
File complaint of discrimination
At <http://www.usda.gov/complaint>
Filingcust.html or 866-632-9992**