



# OCTOBER | 2017

## Witt Elementary Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <u>BREAKFAST</u> Sausage Biscuit or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Popcorn Chicken 2. Turkey Sandwich Alfredo Noodles, Broccoli Fresh Veggies, Strawberry Cups, Fresh Fruit or Juice Milk Choice	<b>3</b> <u>BREAKFAST</u> Biscuits with Gravy or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Pizza 2. Rib Sandwich French Fries, California Veggie Fresh Veggies, Applesauce, Fresh Fruit or Juice Milk Choice	<b>4</b> <u>BREAKFAST</u> Bacon, Egg & Biscuit or Cereal, Fruit, Juice or Milk <u>LUNCH</u> 1. Taco 2. Burrito Salsa, Smiley Fries, Refried Beans, Fresh Veggies, Pears Fresh Fruit or Juice Milk Choice	<b>5</b> <u>BREAKFAST</u> Chocolate Donuts or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Chicken Dumplings 2. Cheese Breadsticks w/Sauce Seasoned Potatoes, Carrots, Fresh Veggies, Mandarin Oranges, Fresh Fruit or Juice, Milk Choice	<b>6</b> <u>BREAKFAST</u> Chicken Biscuit or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Lasagna Roll 2. Chicken Tenders Garlic Knots, Corn, Green Beans, Fresh Veggies Pineapple, Fresh Fruit or Juice Milk Choice
<b>9</b> <u>BREAKFAST</u> Pop tarts or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Chicken Fajita 2. Teriyaki Dippers w/Roll French Fries, Broccoli, Fresh Veggies, Peaches, Fresh Fruit or Juice Milk Choice	<b>10</b> <u>BREAKFAST</u> Cinnamon Roll or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Pizza 2. Chicken Sliders French Fries, Corn, Fresh Veggies, Mix Fruit, Fresh Fruit or Juice Milk Choice	<b>11</b> <u>BREAKFAST</u> Chicken Biscuit or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Turkey w/Gravy 2. Chicken Casserole Sweet Potatoes, Green Beans, Fresh Veggies, Pears, Fresh Fruit or Juice Milk Choice	<b>12</b> <u>BREAKFAST</u> Breakfast Pizza or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Chicken Fillets 2... Meatloaf Dinner Roll, Mashed Potatoes, Peas, Fresh Veggies, Cinnamon Apples, Fresh Fruit or Juice Milk Choice	<b>13</b> <u>BREAKFAST</u> Sausage Biscuit or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. BBQ Pork Sandwich 2. Fish Nuggets Baked Beans, Cole Slaw, French Fries, Fresh Veggies, Applesauce, Fresh Fruit or Juice Milk Choice
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b><u>FALL BREAK – NO SCHOOL</u></b>				
<b>23</b> <u>BREAKFAST</u> Cinnamon Mini or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Hotdog with Chili 2. Mini Cheeseburgers French Fries, Baked Beans, Fresh Veggies, Peaches, Fresh Fruit or Juice Milk Choice	<b>24</b> <u>BREAKFAST</u> French toast or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Chicken Patty or 2. Bacon Scrambled Eggs, Biscuits w/Gravy, Seasoned Potatoes, Cherry Tomatoes, Fresh Veggies, Cinnamon Apples, Fresh Fruit or Juice, Milk Choice	<b>25</b> <u>BREAKFAST</u> Biscuit with Gravy or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Teriyaki Dippers 2. Chicken Casserole Dinner Roll Mashed Potatoes, Green Beans Fresh Veggies, Mix Fruit, Fresh Fruit or Juice, Milk Choice	<b>26</b> <u>BREAKFAST</u> Chicken Biscuit or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Taco 2. Popcorn Chicken w/Roll Pinto Beans, Corn, Salsa, Fresh Veggies, Pineapple, Fresh Fruit or Juice Milk Choice	<b>27</b> <u>BREAKFAST</u> Bacon, Egg & Biscuit or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Mini Calzones 2. Chicken Alfredo w/Toast Broccoli, Carrots, Fresh Veggies Mandarin Oranges, Fresh Fruit or Juice Milk Choice
<b>30</b> <u>BREAKFAST</u> Fruitals or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Pizza 2. Grill Chicken Sandwich French Fries, Green Beans, Fresh Veggies, Applesauce, Fresh Fruit or Juice, Milk Choice	<b>31</b> <u>BREAKFAST</u> Sausage Biscuit or Cereal Fruit, Juice or Milk Choice <u>LUNCH</u> 1. Quesadilla 2. BBQ Pork Nachos Corn, Broccoli, Fresh Veggies, Peaches, Fresh Fruit or Juice Milk Choice			

**BREAKFAST INFO**  
**BREAKFAST IS AVAILABLE TO ALL  
 HAMBLÉN COUNTY STUDENTS AT  
 NO COST**

**CHOOSE 1 ENTRÉE FOR  
 BREAKFAST, EACH TRAY MUST  
 HAVE A FRUIT OR A JUICE AND 2  
 OTHER ITEMS TO BE CONSIDERED A  
 FULL MEAL**

**LUNCH INFO**  
**CHOICE OF 1 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 VEGGIES,  
 AND MILK CHOICES**

**MENU IS SUBJECT TO CHANGE  
 WITHOUT NOTICE**

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 provider and employer.  
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 this institution is prohibited from  
 discrimination on the bases of race, color,  
 natural origin, sex, age or disability. To file a  
 complaint of discrimination at  
<http://www.usda.gov/complaintfilingcust.html>  
 or 866-632-9932**