

MENUS FOR OCTOBER 2018



Rogersville City School Cafeteria,

This institution is an equal opportunity provider.

DON'T GET SAUCY.

Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, Oct. 1

BREAKFAST
Muffin

Lunch
Crispy Chicken Sandwich
Stuffed Crust Cheese Pizza
PBj/Yogurt
Sides
Broccoli and Cheese
Golden Corn
Mandarin Oranges

Tuesday, Oct. 2

BREAKFAST
Mini Pancakes

Lunch
Chicken Tenders
Spaghetti/Meat Sauce
PBj/Yogurt
Sides
Fresh Garden Salad
Tiny Taters
Garlic Bread Sticks
Fresh Fruit

Wed., Oct. 3

BREAKFAST
Egg and Cheese Omelet

Lunch
Corn Dog Nuggets
Fiesta Taco Salad
PBj/Yogurt
Sides
Homestyle Pinto Beans
Zesty Salsa
Tater Tots
Choice of 100% Fruit Juice

Thursday, Oct. 4

BREAKFAST
Sausage Biscuit

Lunch
Bacon Cheeseburger
Grilled Chicken on Bun
PBj/Yogurt
Sides
French Fries
Fresh Sandwich Fixins
Glazed Carrots
Fresh Fruit

Friday, Oct. 5

BREAKFAST
Biscuit with Southern Gravy

Lunch
Chicken Sticks
Pork BBQ/Bun
PBj/Yogurt
Sides
Cole Slaw
Baked Beans
Baked Apples or
Fresh Fruit

**We're still
a bargain!**

Breakfast Lunch
\$1.50 \$2.45

Get in touch with us today to learn more about free and reduced-price meals in our district: wagonerc@rcschool.net 423-272-7651

Monday, Oct. 8

No School

Fall Break

Tuesday, Oct. 9

No School

Fall Break

Wednesday, Oct. 10

No School

Fall Break

Thursday, Oct. 11

No School

Fall Break

Friday, Oct. 12

No School

Fall Break

**Convenient.
Economical.
Healthy.**

School Meals
We serve education every day™



OCTOBER BIRTHDAYS

Rachel McAdams (35) -- Oct. 7

Matt Damon (41) -- Oct. 8

Jesse Jackson (70) -- Oct. 8

Margaret Thatcher (86) -- Oct. 13

Molly Pitcher -- Oct. 13

Pablo Picasso -- Oct. 25

FREE AND REDUCED APPLICATIONS

A Free or Reduced Application has been sent home on the first day of school. If you feel your family may qualify, please fill out and return as soon as possible. Each application will be reviewed and notification will be sent home within ten days. If you received a letter before school started, telling you that your child has been directly certified, please do not fill out another application. Only one application is necessary per family. If you have questions please call or email Colby Wagoner, School Nutrition Supervisor at 272-7651 or wagonerc@rscschool.net

Monday, Oct. 15

BREAKFAST

Sausage Biscuit

Lunch

Big Daddy Pepperoni Pizza
Crispy Chicken Sandwich
PBJ/Yogurt

Sides

California Blend
Corn
Mandarin Oranges
Or 100% Fruit Juice

Tuesday, Oct. 16

BREAKFAST

Southern Biscuits and Gravy

Lunch

Beef Teriyaki Dunkers
Crispy Chicken Tenders
PBJ/Yogurt

Sides

Fresh Garden Salad
Mashed Potatoes
Hot Roll
Pineapple Tidbits or
Fresh Fruit

Wed., Oct. 17

BREAKFAST

Maple French Toast Sticks

Lunch

Grilled Cheese
All American Hot Dog
PBJ/Yogurt

Sides

Yummy Baked Beans
Crunchy Chips
Homemade Coleslaw
Tomato Soup
Chilled Applesauce

Thursday, Oct. 18

BREAKFAST

Mini Pancakes

Lunch

Cheese Quesadilla
100% Beef Hamburger
PBJ/Yogurt

Sides

Fresh Sandwich Fixins
Tater Tots
Veggie Cups
Fresh Fruit

Friday, Oct. 19

BREAKFAST

Breakfast Pizza

Lunch

Chicken Salad Sand.
Popcorn Chicken
PBJ/Yogurt

Sides

Broccoli & Cheese
Creamy Mashed Potatoes
Hot Roll
Chilled Pears or
100% Fruit Juice

Monday, Oct. 22

BREAKFAST

Muffin

Lunch

Cheese Pizza
Chicken Fajita Wrap
PBJ/Yogurt

Sides

Seasoned Green Beans
Golden Corn
Apple Sauce
Or 100% Fruit Juice

Tuesday, Oct. 23

BREAKFAST

Pop Tarts

Lunch

Cheese Bread Stix/Dip
Hamburger
PBJ/Yogurt

Sides

French Fries
Sandwich Fixins
Baked Beans
Pineapple Tidbits or
Fresh Fruit

Wed., Oct. 24

BREAKFAST

Southern Biscuit and Gravy

Lunch

Popcorn Chicken
Fish Sticks
PBJ/Yogurt

Sides

Cole Slaw
Hush Puppies
Broccoli with Cheese
Chilled Applesauce

Thursday, Oct. 25

BREAKFAST

Mini Waffles

Lunch

Corn Dog Nuggets
Taco Salad
PBJ/Yogurt

Sides

Pinto Beans
Diced Tomatoes
Lettuce
Tater Tots
Salsa
Fresh Fruit

Friday, Oct. 26

BREAKFAST

Sausage Biscuit

Lunch

Breaded Chicken Sandwich
Bacon Cheese Burger

Sides

French Fries
Sandwich Fixins
Glazed Carrots
Chilled Pears or
100% Fruit Juice

Monday, Oct. 29

BREAKFAST

Muffin

Lunch

Crispy Chicken Sandwich
Stuffed Crust Cheese Pizza
PBJ/Yogurt

Sides

Greens
Golden Corn
Mandarin Oranges

Tuesday, Oct. 30

BREAKFAST

Mini Pancakes

Lunch

Chicken Tenders
Spaghetti/Meat Sauce
PBJ/Yogurt

Sides

Fresh Garden Salad
Tiny Taters
Texas Toast
Fresh Fruit

Wed., Oct. 31

BREAKFAST

Egg and Cheese Omelet

Lunch

Corn Dog Nuggets
Fiesta Taco Salad
PBJ/Yogurt
Sides
Homestyle Pinto Beans
Zesty Salsa
Tater Tots
Choice of 100% Fruit Juice

Thursday, Nov. 1

BREAKFAST

Sausage Biscuit

Lunch

Bacon Cheeseburger
Grilled Chicken on Bun
PBJ/Yogurt

Sides

French Fries
Fresh Sandwich Fixins
Glazed Carrots
Fresh Fruit

Friday, Nov. 2

BREAKFAST

Biscuit with Southern Gravy

Lunch

Chicken Sticks
Sweet Pork BBQ
PBJ/Yogurt

Sides

Cole Slaw
Creamy Mashed Potatoes
Bun
Baked Apples or
Fresh Fruit