

# OCTOBER

2018

EZZELL  
CAFETERIA

I'm  
**DOCTOR  
BROCK**

1  
PULLED PORK SANDWICHES  
BAKED BEANS  
PEAS  
FRUIT

**M**

2  
BREAKFAST TACOS  
QUESADILLAS  
REFRIED BEANS  
CORN  
CHIPS/SALSA  
FRUIT

**T**

3  
DONUTS  
SALSUBUY STEAK  
MASHED POTATOES  
GREEN BEANS  
ROLLS  
FRUIT

**W**

4  
EGGSSAUSAGE TOASTS  
CHICKEN SPAGHETTI  
SALAD  
CUCUMBERS  
GARLIC BREAD  
FRUIT

**TH**

5  
PANCAKES  
HAM AND TURKEY SANDWICH  
BROCCOLI  
CHIPS  
FRUIT

**F**

8  
YOGURT  
HAMBURGERS  
TATOR TOTS  
BEANS  
FRUIT

9  
BREAKFAST TACOS  
TOSTADAS  
LETT/TOM  
CARROTS  
CHIPS/SALSA  
FRUIT

10  
CINNAMON ROLLS  
CHEF SALAD  
POPCORN CHICKEN  
BROCCOLI  
ROLLS  
FRUIT

11  
EGGS SAUSAGE BISCUITS  
PORKCHOPS  
MASHED POTATOES  
GREEN BEANS  
ROLLS  
FRUIT

12  
WAFFLES  
PIZZA STICKS  
CUCUMBERS  
CELERY  
TEDDY GRAHAMS  
FRUIT

15  
BISCUITS AND SAUSAGE  
CHICKEN PARMESAN  
CORN  
SALAD  
GARLIC BREAD  
FRUIT

16  
BREAKFAST TACOS  
BURRITOS  
REFRIED BEANS  
CARROTS  
CHIPS/SALSA  
FRUIT

17  
MUFFINS  
CHICKEN NUGGETS  
MASHED POTATOES  
GREEN BEANS  
ROLLS  
FRUIT

18  
EGGS SAUSAGE TOAST  
CHICKEN NOODLE SOUP  
CHEESE STICKS  
SALAD  
BROCCOLI  
ROLLS  
FRUIT

19  
FRENCH TOAST STICKS  
CORNDOGS  
BROCCOLI  
CARROTS  
CHIPS  
FRUIT

22  
NO SCHOOL

23  
NO SCHOOL

24  
BREAKFAST PIZZA  
HOT DOGS  
TATOR TOTS  
CARROTS  
CHEEZITS  
FRUIT

25  
EGGS SAUSAGE BISCUITS  
CHICKEN STRIPS  
MASHED POTATOES  
GREEN BEANS  
ROLLS  
FRUIT

26  
BREAKFAST CORDOGS  
SAUSAGE W/ TORTILLA  
BAKED BEANS  
PEAS  
CHIPS  
FRUIT

29  
POTARTS  
RAVIOLI  
CORN  
PEAS  
GARLIC BREAD  
FRUIT

30  
BREAKFAST TACOS  
SOFT TACOS  
REFRIED BEANS  
LETT/TOM  
TEDDY GRAHAMS  
FRUIT

31  
HONEY BUNS  
PIZZA  
BROCCOLI  
CARROTS  
CHEEZITS  
FRUIT

REMEMBER TO TAKE THREE  
ITEMS  
ONE OF THEM NEEDS TO BE A  
FRUIT OR VEGETABLE  
MENU IS SUBJECT TO CHANGE

SquareMeals.org/nslw

NATIONAL  
FARM TO SCHOOL  
MONTH

USDA DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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