



# Headland Middle School Menu



## October 2015

<p><b>28</b></p> <p>Pizza Sweet Potato Fries Corn Fruit</p> <p><b>Breakfast</b> Frudel</p>	<p><b>29</b></p> <p>Chicken Nuggets Roll Mashed Potatoes English Peas Fruit</p> <p><b>Breakfast</b> Cheese Grits, Sausage, Biscuit</p>	<p><b>30</b></p> <p>Smoked Sausage Roll Turnips Squash Fruit</p> <p><b>Breakfast</b> Steak Biscuit</p>	<p><b>1</b></p> <p>Cheeseburger Lettuce, Tomato, &amp; Pickle Green Beans Fruit Brownie</p> <p><b>Breakfast</b> Mini French Toasts</p>	<p><b>2</b></p> <p>Steak Nuggets Roll Okra Lima Beans Fruit</p> <p><b>Breakfast</b> Grilled Ham &amp; Cheese</p>
<p><b>5</b></p> <p>Beef Nachos Corn Pinto Beans Fruit</p> <p><b>Breakfast</b> Mini Waffles</p>	<p><b>6</b></p> <p>Quesadilla Black Beans Spanish Rice Fruit</p> <p><b>Breakfast</b> Sausage Link Biscuit</p>	<p><b>7</b></p> <p>Salisbury Steak w/ Gravy &amp; Roll Butter Beans Mashed Potatoes Fruit</p> <p><b>Breakfast</b> Cinnamon Bun</p>	<p><b>8</b></p> <p>Grilled Chicken Sandwich Oven Baked Fries Fresh Carrots Fruit</p> <p><b>Breakfast</b> Chicken Biscuit</p>	<p><b>9</b></p> <p>Hamburger Sweet Potato Fries Broccoli &amp; Cheese Fruit Cookie</p> <p><b>Breakfast</b> Mini Bagels</p>
<p><b>12</b>      <b>13</b>      <b>14</b>      <b>15</b>      <b>16</b></p> <h1 style="font-size: 4em; margin: 0;">Fall Break</h1>				
<p><b>19</b></p> <p>Taco Corn Refried Beans Fruit</p> <p><b>Breakfast</b> Sausage Pancake on a Stick</p>	<p><b>20</b></p> <p>Chicken Nuggets Roll Mashed Potatoes English Peas Fruit</p> <p><b>Breakfast</b> Cinnamon Raisin Biscuit</p>	<p><b>21</b></p> <p>Corndog Green Beans Glazed Carrots Fruit</p> <p><b>Breakfast</b> Scrambled Eggs, Sausage Link, Biscuit</p>	<p><b>22</b></p> <p>Cheeseburger Potato Rounds Broccoli &amp; Cheese Fruit</p> <p><b>Breakfast</b> Chicken Biscuit</p>	<p><b>23</b></p> <p>Pizza Sweet Potato Fries Corn Fruit Cookie</p> <p><b>Breakfast</b> Frudel</p>
<p><b>26</b></p> <p>Quesadilla Pinto Beans Corn Fruit</p> <p><b>Breakfast</b> Mini French Toasts</p>	<p><b>27</b></p> <p>Chicken Sandwich Glazed Sweet Potatoes Steamed Cabbage Fruit</p> <p><b>Breakfast</b> Steak Biscuit</p>	<p><b>28</b></p> <p>Turkey Sandwich Fresh Carrots Onion Rings Fruit Pudding</p> <p><b>Breakfast</b> Breakfast Pizza</p>	<p><b>29</b></p> <p>Steak Nuggets Roll Butter Beans Mashed Potatoes Fruit</p> <p><b>Breakfast</b> Sausage Biscuit</p>	<p><b>30</b></p> <p>Hotdog Broccoli &amp; Cheese Green Beans Fruit</p> <p><b>Breakfast</b> Breakfast Burrito</p>

Cereal, Cereal Bars, Pop-Tarts, and Muffins are available at breakfast.

A variety of juices are available at breakfast.

Plain & Flavored Milk is available with all meals. A la carte items are available - 50¢-\$1