

**Meal Costs:**

Student Bfast:	\$1.50
Student Lunch:	\$2.35
Faculty Lunch:	\$3.25
Visitor Meal:	\$4.25



**CAHABA ELEMENTARY SCHOOL  
OCTOBER 2017 BREAKFAST & LUNCH MENU**

2 <b>Mini-Cinni's</b>  Chicken & Waffles Roasted Potatoes Homemade Squash Casserole Assorted Fruit	3 <b>Sausage Biscuit</b>  Taco Salad OR Crispito w/ Cheese Sauce Whole Kernel Corn Mexican Rice Mixed Green Salad Assorted Fruit	4 <b>Breakfast Pizza</b>  Sausage Biscuit w/ Cheese OR French Toast Sticks w/ Sausage Patty Breakfast Potatoes Fresh Veggies w/ Dip Assorted Fruit	5 <b>Eggs, Grits, Bacon, Toast</b>  Lasagna w/ Garlic Roll OR Foster Farms Corn Dog Green Beans Tossed Salad Assorted Fruit	6 <b>Biscuit &amp; Sausage Gravy</b>  Nathan's All Beef Hot Dog OR Tyson Breaded Chicken Sandwich French Fries Fresh Carrots & Celery with Dip Assorted Fruit
9 <b>COLUMBUS DAY</b>  FALL BREAK NO STUDENTS	10   FALL BREAK NO STUDENTS	11 <b>French Toast Sticks w/ Oatmeal</b>  Tyson Chicken Poppers Mashed Potatoes w/ Gravy Steamed Broccoli WG Pillsbury Biscuit Assorted Fruit	12 <b>Eggs, Grits, Bacon, Toast</b>  Spaghetti w/ Breadstick OR Roasted Chicken Roasted Zucchini & Tomatoes Green Beans Fresh Garden Salad Assorted Fruit	13 <b>Biscuit &amp; Sausage Gravy</b>  Foster Farms Corn Dog OR Assorted Pizza French Fries Broccoli Salad Assorted Fruit
16 <b>Mini-Waffles</b>  Chicken & Waffles Roasted Potatoes Homemade Squash Casserole Assorted Fruit	17 <b>Sausage Biscuit</b>  Crispito w/ Cheese Sauce OR Italian Dunkers w/ Marinara Refried Beans Whole Kernel Corn Salsa Assorted Fruit	18 <b>Breakfast Pizza</b>  Ham & Cheese Biscuit OR Mini-Pancakes w/ Sausage Link Breakfast Potatoes Yogurt Tomato Slices Assorted Fruit	19 <b>Eggs, Bacon, Grits, Toast</b>  Chicken Parmesan w/ Garlic Roll OR Hamburger/Cheeseburger Italian Cut Green Beans Sweet Potato Fries Assorted Fruit	20 <b>Biscuit &amp; Sausage Gravy</b>  Fish Nugget Basket OR Individual Pizza (Pepp. Or Cheese) Potato Wedges California Mixed Veggies Fresh Carrots w/ Ranch Assorted Fruit
23 <b>Mini-Pancakes</b>  Tyson Chicken Poppers Mashed Potatoes w/ Gravy Steamed Broccoli WG Pillsbury Biscuit Assorted Fruit	24 <b>Sausage Biscuit</b>  Mexican Pizza OR Nachos Refried Beans Whole Kernel Corn Salsa Assorted Fruit	25 <b>Breakfast Pizza</b>  Chicken Alfredo OR Hot Ham & Cheese Roasted Zucchini & Tomatoes Baked Sweet Potato Fresh Garden Salad Assorted Fruit	26 <b>Eggs, Bacon, Grits, Toast</b>  Steak Nuggets w/ Roll OR Pepperoni/Cheese Pizza Mashed Potatoes w/ Gravy Green Beans Assorted Fruit	27 <b>Cinnamon Roll</b>  Italian Dunkers w/ Marinara OR Nathan's All Beef Hot Dog French Fries Baby Tomatoes w/ Ranch Assorted Fruit
30 <b>Mini-Cinni's</b>  Chicken & Waffles Roasted Potatoes Homemade Squash Casserole Assorted Fruit	31 <b>Sausage Biscuit</b>  Taco Salad OR Crispito w/ Cheese Sauce Whole Kernel Corn Mexican Rice Mixed Green Salad Assorted Fruit	<p><b>What else do we offer?</b>  <b>Grilled Cheese offered EVERYDAY</b>  <b>Grab &amp; Go Salads and Grab &amp; Go PBJ Boxes EVERYDAY</b>  <b>Bottled Water offered EVERYDAY</b>  <b>Ice Cream offered TUESDAY &amp; THURSDAY</b></p>		

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