

# October

MON

TUE

WED

THU

FRI

|    |                     |                           |                             |                                |                                   |    |
|----|---------------------|---------------------------|-----------------------------|--------------------------------|-----------------------------------|----|
|    |                     | 1                         | 2                           | 3                              | 4                                 | 5  |
| 6  | 7                   | 8                         | 9                           | 10                             | 11                                | 12 |
| 13 | 14                  | 15                        | 16 Breakfast                | 17 Wings                       | 18 Baked Fish<br>OR<br>Fried Fish | 19 |
| 20 | 21 Chicken Alfredo  | 22 Meatball subs          | 23 Breakfast<br>Or<br>Wraps | 24 Spaghetti with<br>meatballs | 25 Baked Fish<br>OR<br>Fried Fish | 26 |
| 27 | 28 Chicken and rice | 29 Bacon chicken<br>wraps | 30 Breakfast<br>Or          | Salisbury steak                |                                   |    |

## Daily Items

Pizza  
Chicken Tenders  
Chicken Nuggets  
Grilled Tenders  
Cheese Burger  
Salad Bar  
Spicy chicken sandwich  
Sub Sandwich

Wraps  
PBJ Sandwich  
Parfait/Yogurt

## Sides

Mac & Cheese  
French Fries  
Green Beans  
Sweet Peas  
Rice  
Collard Greens  
Black Eyed Peas  
Corn

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Breakfast choice of Bacon or Sausage, French Toast Sticks or Mini Pancakes, Eggs, Grits, and Tater Tots