October 2020 High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 French Toast w/ Sausage, Sausage Biscuit, or Donut, Tots, Fruit, Milk Red Beans & Rice Chicken Smackers or Sausage Links Strawberries/ Fresh Fruit French Bread, Milk Mozarella Sticks w/ sauce, Chicken Filet on Bun Pizza, Burgers, Chicken Tenders	2 Eggs, Sausage, Toast or Sausage Biscuit, or Donut, Grits, Tots, Fruit, Milk Chicken Fajitas Lettuce & Chopped Tomatoes Golden Corn Chilled Peaches/ Fresh Fruit Cake, Milk Bacon Cheeseburger, Spicy Chicken Pizza, Burgers, Popcorn Chicken
5 **NO BREAKFAST OR LUNCH WILL BE** **SERVED DURING EXAM WEEK**	6	7	8	9
12 Chicken or Sausage Biscuit or Donut, Grits, Tots, Fruit, Milk Red Beans & Rice Chicken Smackers or Sausage Links Glazed Carrots Fresh Fruit Mandarin Oranges French Bread Milk Hot Ham & Cheese, Spicy Chicken on a Bun, Pizza, Burgers, Popcorn Chicken	13 Pancakes or Waffle w/ Chicken or Sausage, or Saus. Biscuit, or Donut, Tots, Fruit, Milk Crispy or Soft Beef or Chicken Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Fresh Fruit Chilled Pears Cinnamon Roll Milk Hot Ham & Cheese, Chicken Filet on a Bun Pizza, Burgers, Chicken Tenders	14 Sausage Biscuit, or Donut, or Pancake Pup Tots, Fruit, Milk **PSAT TESTING** NO LUNCH SERVED TODAY	15 French Toast w/ Sausage, Sausage Biscuit, or Donut, Tots, Fruit, Milk Chicken Nuggets Baked Macaroni & Cheese Carrot Souffle Fresh Fruit Chilled Pineapples French Bread Milk Mini Corn Dogs, Chicken Filet on a Bun, Pizza, Burgers, Chicken Nuggets	16 Eggs, Sausage, Toast or Sausage Biscuit, or Beignets, Grits, Tots, Fruit, Milk Italian Bake Pasta Steamed Broccolli Fresh Fruit Chilled Peaches Garlic Roll Milk Bacon Cheeseburgers, Spicy Chicken, Pizza, Burgers, Chicken Tenders
19 Chicken or Sausage Biscuit or Donut, Grits, Tots, Fruit, Milk Salisbury Steak Mashed Potatoes Glazed Carrots Fresh Fruit Chilled Pineapples Southern Butter Roll Milk Hot Ham & Cheese on a Bun, Spicy Chicken on a Bun Pizza, Burgers, Popcorn Chicken	20 Pancakes or Waffle w/ Chicken or Sausage, or Saus. Biscuit, or Donut, Tots, Fruit, Milk Crispy or Soft Beef or Chicken Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Fresh Fruit Chilled Peaches Cinnamon Stick Milk Grilled Cheese Sandwich, Chicken Filet on Bun, Pizza, Burgers, Chicken Tenders	21 Bacon, Egg, Cheese Biscuit, or Donut, or Pancake Pup, Grits, Tots, Fruit, Milk Chicken Parmesan with Pasta Caesar Salad Fresh Fruit Chilled Strawberries Garlic Roll Milk Grilled Chicken on Bun, Spicy Chicken , Pizza, Burgers, Chicken Nuggets	22 French Toast w/ Sausage, Sausage Biscuit, or Donut, Tots, Fruit, Milk General Tso Chicken Fried Rice Carrot Souffle Chilled Pears Fresh Fruit Southern Butter Roll Milk Meatball Poboy, Chicken Filet on a Bun Pizza, Burgers, Chicken Nuggets	23 Eggs, Sausage, Toast or Sausage Biscuit, or Donut, Grits, Tots, Fruit, Milk Sweet Heat Meatballs Baked Macaroni & Cheese Baked Beans Fresh Fruit Chilled Applesauce Southern Butter Roll Rice Krispie Treat, Milk Bacon Cheeseburgers, Spicy Chicken, Pizza, Burgers, Chicken Tenders
26 Chicken or Sausage Biscuit or Donut, Grits, Tots, Fruit, Milk Jamaican Jerk Grilled Chicken Macaroni &Cheese Glazed Carrots Fresh Fruit Chilled Applesauce Southern Butter Roll Milk Turkey Philly Sandwich, Spicy Chicken onBun, Pizza, Burgers, Chicken Nuggets	27 Pancakes or Waffle w/ Chicken or Sausage, or Saus. Biscuit, or Donut, Tots, Fruit, Milk Crispy or Soft Beef or Chicken Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Fresh Fruit Mandarin Oranges Cinnamon Stick Milk Grilled Cheese Sandwich, Chicken Filet on Bun, Pizza, Burgers, Chicken Tenders	28 Bacon, Egg, Cheese Biscuit, or Donut, or Pancake Pup, Grits, Tots, Fruit, Milk Meatsauce & Spaghetti Creamed Spinach Fresh Fruit Chilled Pears Garlic Roll Milk Grilled Chicken on Bun, Spicy Chicken , Pizza, Burgers, Popcorn Chicken	29 French Toast w/ Sausage, Sausage Biscuit, or Donut, Tots, Fruit, Milk Red Beans & Rice Chicken Smackers or Sausage Links Seasoned Greenbeans Fresh Fruit Chilled Strawberries Frenchbread Milk Mozzarella Sticks w/ sauce, Chicken Filet on Bun, Pizza, Burgers, Chicken Nuggets	30 Eggs, Sausage, Toast or Sausage Biscuit, or Donut, Grits, Tots, Fruit, Milk Chicken Fajitas Lettuce & Chopped Tomatoes Golden Corn Fresh Fruit Chilled Peaches Cake Milk Bacon Cheeseburgers, Spicy Chicken, Pizza, Burgers, Chicken Tenders

This institution is an equal opportunity provider