














ADAIR COUNTY SCHOOLS



OCTOBER 2018 MENU FOR ACES & ACPC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey & Cheese Sub or Chili Cheese Coney French Fries Baked Beans Jonny Fruit Pop Fruit Options  BREAKFAST Sausage & Biscuit	2 Burrito or Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Fruit Options  BREAKFAST Yogurt Bar	3 Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans Whole Grain Roll Fruit Options BREAKFAST Whole Grain Muffin	4 Cheeseburger on Bun or Loaded Barbecue Baked Potato Cheese, Butter, Sour Cream Garlic Bread Green Peas Fruit Options  BREAKFAST Scrambled Eggs Bacon & Toast	5 Burrito or Spaghetti Garden Salad Corn Cheese Breadstick Fruit Options  BREAKFAST Glazed Donut
15 PB & J Uncrustable or Little Caesar's Pizza Garden Salad Corn Mini Rice Krispie Treat Fruit Options	16 Grilled Cheese Sandwich or Hot Ham & Cheese on Croissant Baked Potato Chips Broccoli/Cauliflower w/Dip Cookie Fruit Options	17 Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans Whole Grain Roll Fruit Options	18 Cheeseburger on Bun or Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options	19 Hot Dog on Bun or Turkey & Cheese Sub Baked Potato Chips Carrots w/Dip Orange Push-up Fruit Options 

NATIONAL SCHOOL LUNCH WEEK - SCHOOL LUNCH...LOTS 2 LOVE

BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Sausage & Biscuit	Chocolate Crescent	Breakfast Tornado	Chocolate or White Donuts	Chicken & Biscuit
22 Cheeseburger on Bun or Chicken Filet on Bun Lettuce/Tomato/Pickle French Fries Broccoli w/Cheese Fruit Options  BREAKFAST Bacon & Cheese Biscuit	23 Popcorn Chicken or Chili Crispitos Queso Dip w/Chips Refried Beans Cookie Fruit Options BREAKFAST French Toast Sticks w/Syrup	24 Hot Dog on Bun or Chicken Chunks w/Dipping Sauce French Fries Macaroni & Cheese Fruit Options  BREAKFAST Donut Holes	25 PB & J Uncrustable or Grilled Cheese Sandwich Chili w/Crackers Carrot & Celery Sticks Yogurt Fruit Options BREAKFAST Breakfast Pizza	26 Pizza Calzone or Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Fruit Options  BREAKFAST Gravy & Biscuit
29 Turkey & Cheese Sub or Chili Cheese Coney French Fries Baked Beans Jonny Fruit Pop Fruit Options BREAKFAST Sausage & Biscuit	30 Burrito or Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Fruit Options  BREAKFAST Yogurt Bar	31 Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans Whole Grain Roll Halloween Sidekick Fruit Options  BREAKFAST Whole Grain Muffin	1 Cheeseburger on Bun or Loaded Barbecue Baked Potato Cheese, Butter, Sour Cream Garlic Bread Green Peas Fruit Options BREAKFAST Scrambled Eggs Bacon & Toast	2 Burrito or Spaghetti Garden Salad Corn Cheese Breadstick Fruit Options  BREAKFAST Glazed Donut

NEWS

Choice of Low-Fat White Milk and Fat Free Flavored Milk offered daily at Breakfast and Lunch

Juice and Fruit Choices offered daily at Breakfast

Variety of General Mills and Kellogg's Cereals offered daily at Breakfast

Toast offered daily at Breakfast

Fresh Fruit offered daily

Salads are offered daily

Menu items are subject to change due to circumstances beyond our control.

Some items served contain peanuts. Substitutions can be made for students with special dietary needs per doctor's orders.

OCT. 8 - OCT. 12 FALL BREAK!!!

FLAVORFUL SIDES WITH EVERY MEAL:

Lunch includes a choice of 5 components: Meat/Meat Alternate, Bread/Grain, Fruit, Vegetable, and Skim, 1% White Fat Free Flavored Milk. Students may take 5, 4 or 3, which must include 1 fruit or

vegetable serving.