














ADAIR COUNTY SCHOOLS



OCTOBER 2018 MENU FOR ACHS & ACMS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Chili Cheese Coney French Fries Baked Beans Jonny Fruit Pop Fruit Options  BREAKFAST Sausage & Biscuit	2	Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Fruit Options  BREAKFAST Yogurt Bar	3	Chicken Strips Creamed Potatoes Green Beans Whole Grain Roll Fruit Options BREAKFAST Whole Grain Muffin	4	Loaded Barbecue Baked Potato Cheese, Butter, Sour Cream Garlic Bread Green Peas Fruit Options  BREAKFAST Scrambled Eggs Bacon & Toast	5	Spaghetti Garden Salad Corn Cheese Breadstick Fruit Options  BREAKFAST Glazed Donut
15	Hot Ham & Cheese On Croissant Baked Potato Chips Broccoli & Cauliflower w/Dip Cookie Fruit Options	16	Little Caesar's Pizza Garden Salad Corn Mini Rice Krispie Treat Fruit Options	17	Chicken Strips Creamed Potatoes Green Beans Whole Grain Roll Fruit Options	18	Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options	19	Turkey & Cheese Sub Baked Potato Chips Carrots w/Dip Orange Push-up Fruit Options 
NATIONAL SCHOOL LUNCH WEEK - SCHOOL LUNCH...LOTS 2 LOVE									
BREAKFAST Sausage & Biscuit		BREAKFAST Chocolate Crescent		BREAKFAST Breakfast Tornado		BREAKFAST Chocolate or White Donuts		BREAKFAST Chicken & Biscuit	
22	Chicken Filet on Bun Lettuce/Tomato/Pickle French Fries Broccoli w/Cheese Fruit Options  BREAKFAST Bacon & Cheese Biscuit	23	Chili Crisпитos Queso Dip w/Chips Refried Beans Cookie Fruit Options BREAKFAST French Toast Sticks w/Syrup	24	Chicken Chunks w/Dipping Sauce French Fries Macaroni & Cheese Fruit Options  BREAKFAST Donut Holes	25	Grilled Cheese Sandwich Chili w/Crackers Carrot & Celery Sticks Yogurt Fruit Options BREAKFAST Breakfast Pizza	26	Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Fruit Options  BREAKFAST Gravy & Biscuit
29	Chili Cheese Coney French Fries Baked Beans Jonny Fruit Pop Fruit Options BREAKFAST Sausage & Biscuit	30	Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Fruit Options  BREAKFAST Yogurt Bar	31	Chicken Strips Creamed Potatoes Green Beans Whole Grain Roll Halloween Sidekick Fruit Options  BREAKFAST Whole Grain Muffin	1	Loaded Barbecue Baked Potato Cheese, Butter, Sour Cream Garlic Bread Green Peas Fruit Options BREAKFAST Scrambled Eggs Bacon & Toast	2	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.