


















ADAIR COUNTY SCHOOLS



OCTOBER 2019 MENU FOR ACES & ACPC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Turkey & Cheese Sub or Chili Cheese Coney French Fries Fresh Vegetable Cup w/Dip Fruit Options  BREAKFAST Sausage & Biscuit	1 Burrito or Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Fruit Options  BREAKFAST Yogurt Bar	2 Mini Corn Dogs or Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options BREAKFAST Whole Grain Muffin	3 Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans Biscuit Fruit Options  BREAKFAST Cinnamon Roll	4 Cheeseburger on Bun or Steak Strips w/A-1 Sauce Baked Potato Butter, Sour Cream Steamed Vegetables Roll Fruit Options  BREAKFAST Scrambled Eggs Bacon & Toast
14 Grilled Cheese Sandwich or Hot Ham & Cheese on Bun Baked Potato Chips Baked Beans Carrot Sticks Cookie Fruit Options  BREAKFAST Sausage & Biscuit	15 Taco Stix or Cheesy Bites w/Marinara Sauce Garden Salad Corn Fruit Options  BREAKFAST Breakfast Bar	16 Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans Roll Fruit Options  BREAKFAST Breakfast Tornado	17 PB & J Uncrustable or Little Caesar's Pizza Garden Salad Corn Mini Rice Krispie Treat Fruit Options BREAKFAST Chocolate or White Donuts	18 Cheeseburger on Bun or Barbecue on Bun French Fries Peas Sidekick Fruit Options  BREAKFAST Chicken & Biscuit
21 Cheeseburger on Bun or Chicken Filet on Bun Lettuce/Tomato/Pickle French Fries Broccoli w/Cheese Fruit Options  BREAKFAST Bacon & Cheese Biscuit	22 Popcorn Chicken or Chili Crispitos Queso Dip/Salsa Cup w/Chips Refried Beans Cookie Fruit Options BREAKFAST French Toast Sticks w/Syrup	23 Hot Dog on Bun or Chicken Chunks w/Dipping Sauce French Fries Peas Macaroni & Cheese Fruit Options  BREAKFAST Donut Holes	24 PB & J Uncrustable or Grilled Cheese Sandwich Chili w/Crackers Carrot & Celery Sticks Yogurt Fruit Options BREAKFAST Breakfast Pizza	25 Pizza Calzone or Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Fruit Options  BREAKFAST Gravy & Biscuit Stix
28 Turkey & Cheese Sub or Chili Cheese Coney French Fries Fresh Vegetable Cup w/Dip Fruit Options  BREAKFAST Sausage & Biscuit	29 Burrito or Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Fruit Options  BREAKFAST Yogurt Bar	30 Mini Corn Dogs or Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options BREAKFAST Whole Grain Muffin	31 HALLOWEEN SURPRISE!!  BREAKFAST Cinnamon Roll	1 Cheeseburger on Bun or Steak Strips w/A-1 Sauce Baked Potato Butter, Sour Cream Steamed Vegetables Roll Fruit Options  BREAKFAST Scrambled Eggs Bacon & Toast

NATIONAL SCHOOL LUNCH WEEK!!!

NEWS

Choice of Low-Fat White Milk and 1% 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

Pop Tarts 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. 7 - OCT. 11 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 1% Flavored Milk.

Students may take 5, 4 or 3, which must include 1 fruit or vegetable serving.