


















# ADAIR COUNTY SCHOOLS



## OCTOBER 2019 MENU FOR ACHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Chili Cheese Coney French Fries Baked Beans Rice Krispie Treat Fruit Options  <b>BREAKFAST</b> Breakfast Tornado	1 Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Fruit Options  <b>BREAKFAST</b> Gravy & Biscuit	2 Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options <b>BREAKFAST</b> Cinnamon Roll	3 Chicken Chunks w/Dipping Sauce French Fries Peas Macaroni & Cheese Roll Fruit Options  <b>BREAKFAST</b> Breakfast Pizza	4 Little Caesar's Pizza Garden Salad Corn Mini Rice Krispie Treat Fruit Options  <b>BREAKFAST</b> Scrambled Eggs Bacon & Toast
<b>NATIONAL SCHOOL LUNCH WEEK!!!</b>				
14 Barbecue on Bun Tator Tots Broccoli w/Cheese Fudge Bar Fruit Options  <b>BREAKFAST</b> Breakfast Pizza	15 Cheesy Bites w/Marinara Sauce Garden Salad Corn Apples w/Carmel Dip Fruit Options  <b>BREAKFAST</b> Yogurt Bar	16 Chili Crisпитos Queso Dip/Salsa Cup w/Chips Refried Beans Cookie Fruit Options  <b>BREAKFAST</b> Whole Grain Muffin	17 Chicken Strips Creamed Potatoes Green Beans Roll Fruit Options <b>BREAKFAST</b> Sausage & Biscuit	18 Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Strawberry Cup Fruit Options  <b>BREAKFAST</b> Chicken & Biscuit
21 Chili Cheese Coney French Fries Baked Beans Rice Krispie Treat Fruit Options  <b>BREAKFAST</b> Breakfast Tornado	22 Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Fruit Options <b>BREAKFAST</b> Gravy & Biscuit	23 Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options  <b>BREAKFAST</b> Cinnamon Roll	24 Chicken Chunks w/Dipping Sauce French Fries Macaroni & Cheese Roll Fruit Options <b>BREAKFAST</b> Breakfast Pizza	25 Little Caesar's Pizza Garden Salad Corn Mini Rice Krispie Treat Fruit Options  <b>BREAKFAST</b> Scrambled Eggs Bacon & Toast
28 Barbecue on Bun Tator Tots Broccoli w/Cheese Fudge Bar Fruit Options  <b>BREAKFAST</b> Breakfast Pizza	29 Cheesy Bites w/Marinara Sauce Garden Salad Corn Apples w/Carmel Dip Fruit Options  <b>BREAKFAST</b> Yogurt Bar	30 Chili Crisпитos Queso Dip w/Chips Refried Beans Cookie Fruit Options <b>BREAKFAST</b> Whole Grain Muffin	31 Chicken Strips Creamed Potatoes Green Beans Roll Fruit Options  <b>BREAKFAST</b> Sausage & Biscuit	1 Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Strawberry Cup Fruit Options  <b>BREAKFAST</b> Chicken & Biscuit

### 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

Grab & Go Box offered daily at Lunch

Pop Tarts offered daily at Breakfast

Fresh Fruit offered daily

Salads are offered daily

Hamburger/Cheeseburger Line 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 Skin, 1% White 1% Flavored Milk.  
 Students may take 5, 4 or 3, which must include 1 fruit or vegetable serving.