























# ADAIR COUNTY SCHOOLS



## OCTOBER 2019 MENU FOR ACMS

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

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 Skim, 1% White 1% Flavored Milk. Students may take 5,4 or 3, which must include 1 fruit or vegetable serving.