













# ADAIR COUNTY SCHOOLS



SEPT. 20 - OCT. 22, 2021 MENU FOR ACES & ACPC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 Cheeseburger on Bun or Chicken Filet on Bun Lettuce/Tomato/Pickle French Fries Broccoli w/Cheese Fruit Options  <b>BREAKFAST</b> Bacon & Cheese Biscuit	21 Popcorn Chicken or Burrito Queso Dip w/Chips Refried Beans Cookie Fruit Options   <b>BREAKFAST</b> French Toast Sticks w/Syrup	22 Taco Stix or Spaghetti Garden Salad Corn Cheese Breadstick Fruit Options  <b>BREAKFAST</b> Donut Holes	23 Hot Dog on Bun or Chicken Chunks w/Dipping Sauce French Fries Macaroni & Cheese Fruit Options   <b>BREAKFAST</b> Breakfast Pizza	24 Pizza Calzone or Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Fruit Options  <b>BREAKFAST</b> Gravy & Biscuit
27 Grilled Cheese Sandwich or Hot Ham & Cheese on Bun Baked Potato Chips Fresh Vegetable Cup w/Dip Cookie Fruit Options   <b>BREAKFAST</b> Sausage & Biscuit	28 Burrito or Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Fruit Options  <b>BREAKFAST</b> Yogurt Bar	29 Mini Corn Dogs or Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options   <b>BREAKFAST</b> Whole Grain Muffin	30 Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans Biscuit Fruit Options  <b>BREAKFAST</b> Cinnamon Roll	1 Cheeseburger on Bun or Steak Strips w/A-1 Sauce Baked Potato Butter, Sour Cream Steamed Vegetables Roll Fruit Options   <b>BREAKFAST</b> Chicken & Biscuit

**OCT. 4 - 8, 2021 -- FALL BREAK!!!**

11 Hot Ham & Cheese on Bun or Chili Cheese Coney French Fries Baked Beans Fruit Options  <b>BREAKFAST</b> Sausage & Biscuit	12 Taco Stix or Cheesy Bites w/Marinara Sauce Garden Salad Corn Fruit Options   <b>BREAKFAST</b> Mini Chocolate Chip French Toast Sticks	13 Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans Roll Fruit Options  <b>BREAKFAST</b> Breakfast Tornado	14 PB & J Uncrustable or Little Caesar's Pizza Garden Salad Corn Mini Rice Krispie Treat Fruit Options   <b>BREAKFAST</b> Chocolate or White Donuts	15 Cheeseburger on Bun or Barbecue on Bun French Fries Peas Sidekick Fruit Options  <b>BREAKFAST</b> Scrambled Eggs Bacon & Toast
18 Cheeseburger on Bun or Chicken Filet on Bun Lettuce/Tomato/Pickle French Fries Broccoli w/Cheese Fruit Options   <b>BREAKFAST</b> Bacon & Cheese Biscuit	19 Popcorn Chicken or Burrito Queso Dip w/Chips Refried Beans Cookie Fruit Options  <b>BREAKFAST</b> French Toast Sticks w/Syrup	20 PB & J Uncrustable or Grilled Cheese Sandwich Chili w/Crackers Carrot & Celery Sticks Yogurt Fruit Options   <b>BREAKFAST</b> Cinnamon Toast Applesauce	21 Hot Dog on Bun or Chicken Chunks w/Dipping Sauce French Fries Macaroni & Cheese Fruit Options  <b>BREAKFAST</b> Breakfast Pizza	22 Pizza Calzone or Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Fruit Options   <b>BREAKFAST</b> Gravy & 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

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.

## 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.