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ADULT MEAL COST IS \$2.25.

*Menu subject to change. Our suppliers continue to experience shortages related to the COVID-19 pandemic. Contact your school cafeteria manager to verify menu offerings. This institution is an equal opportunity provider.

SCGPS OCTOBER BREAKFAST MENU

- ⇒ Breakfast includes choice of entrée and choice of fruit.
- ⇒ All entrées are whole-grain rich.
- ⇒ Students must take at least one fruit choice for the meal to be no cost. Students can take both juice and cupped fruit.
- ⇒ A variety of milk is available. Milk is always optional.

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 Oct. 1	 Indicates meatless entrée item. NOTE: Fruit juice and fruit cup offerings are always meatless.		<u>Seasonal Pumpkin Bread is back! Get into the fall spirit and try a slice on Friday, October 15!</u>		Muffin & Cheese Stick  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice
WEEK 2 Oct. 4-8	Yogurt & Gripz  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice	Grape-Filled Crescent Roll  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice	Pop Tart  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice	Pancakes  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice	HOLIDAY Fall Break
WEEK 3 Oct. 11-15	HOLIDAY Fall Break	Dutch Waffle  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice	French Toast Sticks  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice	Cinnamon Toast Soft Bar  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice	Pumpkin Bread  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice
WEEK 4 Oct. 18-22	Pancake Pup Bites  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice	French Toast  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice	Mini Cinnis  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice	Sausage Chimichanga *(Pork Free)  Cereal & Grahams  100% Fruit Juice	Muffin & Cheese Stick  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice
WEEK 5 Oct. 25-29	Yogurt & Gripz  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice	Grape-Filled Crescent Roll  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice	Pop Tart  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice	Pancakes  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice	Sweet Potato Cinnamon Roll  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice

*LUNCH IS AT NO COST FOR ALL STUDENTS.

ADULT MEAL COST IS \$4.00.

A variety of milk is available. Milk is always optional.

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SCCPSS OCTOBER LUNCH MENU HS

Oct. 11-15: National School Lunch Week!
WILD About School Lunch

🤠 Try a Cowboy Burger on Oct. 15th.
This cheeseburger is topped with crunchy onion rings and BBQ sauce.

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>WEEK 1 Oct. 1</p>	<p>🌱 Indicates meatless item. <u>Meatless Rice Bowl entrees on menu throughout the month.</u> Create your own meatless entrée by layering veggie sides over warmed rice. *Dietitian recommended menu item. 🍌 <u>Try seasonal pumpkin items like pumpkin soufflé (10-18) and pumpkin spice applesauce (10-28)!</u></p>				<p>October is National Farm to School Month! Look out for okra taste tests this month!</p>
<p>WEEK 2 Oct. 4-8</p>	<p>Chicken & Cheese Taquito Egg & Cheese Chef Salad 🌱 Baked Doritos 🌱 Bean Dip 🌱 Buttered Corn 🌱 Peaches & Cream 🌱 100% Fruit Juice 🌱</p>	<p>Chicken & Waffles PBJ Sandwich 🌱 Buttered Carrots 🌱 Broccoli & Cheese 🌱 Warm Cinnamon Apples 🌱 Fresh Nectarine 🌱</p>	<p>Spaghetti with Meat Sauce Pizza 🌱 Breadstick 🌱 Green Beans 🌱 Sweet Potato Waffle Fries 🌱 Fresh Pear 🌱 Mandarin Oranges 🌱</p>	<p>Fish & Grits Lasagna Rollup & Breadstick 🌱 Sautéed Summer Squash 🌱 Tomato & Corn Salad 🌱 Fresh Apple 🌱 Pineapple Cup 🌱</p>	<p>HOLIDAY Fall Break</p>
<p>WEEK 3 Oct. 11-15</p>	<p>HOLIDAY Fall Break</p>	<p>Pizza 🌱 PBJ Sandwich 🌱 Side Salad 🌱 Baked Sweet Potato 🌱 Apple Slices & Caramel Dip 🌱 Peach Pear Compote 🌱</p>	<p>Boneless Wings & Garlic Toast Yogurt Parfait 🌱 Turnip Greens 🌱 Okra & Tomatoes 🌱 Fresh Orange 🌱 Applesauce 🌱</p>	<p>Corn Dog Nuggets Pizza 🌱 Vegetable Soup 🌱 Celery & Hummus 🌱 Fresh Plum 🌱 Fruit Slush 🌱</p>	<p>NEW! Cowboy Burger 🤠 Egg & Cheese Chef Salad 🌱 Green Peas 🌱 Tater Tots 🌱 Watermelon 🌱 Mango Peach Cup 🌱 Cheez-Its 🌱</p>
<p>WEEK 4 Oct. 18-22</p>	<p>Chicken Philly Sandwich Grilled Cheese Sandwich 🌱 Pumpkin Soufflé 🌱 Broccoli Dippers 🌱 100% Fruit Juice 🌱 Pear Cup 🌱</p>	<p>Nachos *Rice Bowl 🌱 *Cilantro Lime Rice 🌱 *Red Beans 🌱 *Mexican Street Corn 🌱 Sour Raisins 🌱 Pineapple Cup 🌱</p>	<p>Spicy Chicken Sandwich Baja Bean Burrito 🌱 French Fries 🌱 NEW! Cabbage & Potatoes 🌱 Grapes 🌱 Mandarin Oranges 🌱 Triple Chocolate Cookie 🌱</p>	<p>Chicken & Broccoli Alfredo Hummus Plate 🌱 Breadstick 🌱 Breaded Okra 🌱 Cucumber Tomato Salad 🌱 Fruited Gelatin 🌱 Fresh Orange 🌱</p>	<p>Mandarin Chicken & Roll *Rice Bowl 🌱 *Steamed Rice 🌱 *Lima Beans 🌱 *Teriyaki Vegetables 🌱 Banana 🌱 Cinnamon Applesauce 🌱</p>
<p>WEEK 5 Oct. 25-29</p>	<p>Oven-Fried Chicken & Roll *Rice Bowl 🌱 *Savannah Red Rice 🌱 *Black-Eyed Peas 🌱 *Collard Greens 🌱 Melon Medley 🌱 Fresh Pear 🌱</p>	<p>Meatball Power Bowl /Garlic Knot Pizza 🌱 Sautéed Mushrooms 🌱 Onion Rings 🌱 Fresh Apple 🌱 Mandarin Pineapple Cup 🌱 Rice Krispy Treat 🌱</p>	<p>NEW! Buffalo Chicken Dip & Chips Egg & Cheese Chef Salad 🌱 Garlic Toast 🌱 Sun Splash Juice 🌱 Mixed Vegetables 🌱 Peach Crisp 🌱 Grapefruit Wedges 🌱</p>	<p>BBQ Sandwich PBJ Sandwich 🌱 Baked Beans 🌱 Corn on the Cob 🌱 Fruit Cocktail 🌱 Pumpkin Spice Applesauce 🌱</p>	<p>Pizza 🌱 Fish Sandwich Sweet Potato Puffs 🌱 Buffalo Cauliflower 🌱 Halloween Italian Ice 🌱 Banana 🌱</p>