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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
<b>WEEK 1</b> Oct. 1	 Indicates meatless entrée item. NOTE: Fruit juice and fruit cup offerings are always meatless.		Seasonal Pumpkin Bread is back! Get into the fall spirit and try a slice on Friday, October 15!		Muffin & Cheese Stick  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice
<b>WEEK 2</b> Oct. 4-8	Yogurt & Gripz  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Juice	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
<b>WEEK 3</b> 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
<b>WEEK 4</b> 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 1/2 Cup Fruit Choice	Muffin & Cheese Stick  Cereal & Grahams  100% Fruit Juice 1/2 Cup Fruit Choice
<b>WEEK 5</b> 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 K-8

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. <b>Meatless Rice Bowl entrees on menu throughout the month.</b> Create your own meatless entrée by layering veggie sides over warmed rice. *Dietitian recommended menu item. 🙌 <b>Try seasonal pumpkin items like pumpkin soufflé (10-18) and pumpkin spice applesauce (10-28)!</b></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 &amp; Cheese Taquito Egg &amp; Cheese Chef Salad 🌱 Baked Doritos 🌱 Bean Dip 🌱 Buttered Corn 🌱 Peaches &amp; Cream 🌱</p>	<p>Chicken &amp; Waffles PBJ Sandwich 🌱 Buttered Carrots 🌱 Broccoli &amp; Cheese 🌱 Fresh Nectarine 🌱</p>	<p>Spaghetti with Meat Sauce Pizza 🌱 Breadstick 🌱 Green Beans 🌱 Sweet Potato Waffle Fries 🌱 Fresh Pear 🌱</p>	<p>Fish &amp; Grits 🌱 Lasagna Rollup &amp; Breadstick 🌱 Sautéed Summer Squash 🌱 Tomato &amp; Corn Salad 🌱 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 &amp; Caramel Dip 🌱</p>	<p>BBQ Drumsticks &amp; Garlic Knot Yogurt Parfait 🌱 Turnip Greens 🌱 Okra &amp; Tomatoes 🌱 Fresh Orange 🌱</p>	<p>Corn Dog Nuggets Cheesy Breadsticks &amp; Marinara 🌱 Vegetable Soup 🌱 Celery &amp; Hummus 🌱 Fruit Slush 🌱</p>	<p><b>NEW! Cowboy Burger</b> 🤠 Egg &amp; Cheese Chef Salad 🌱 Green Peas 🌱 Tater Tots 🌱 Watermelon 🌱</p>
<p>WEEK 4 Oct. 18-22</p>	<p>Chicken Philly Sandwich Grilled Cheese Sandwich Pumpkin Soufflé 🌱 Broccoli Dippers 🌱 Pear Cup 🌱</p>	<p>Nachos <b>*Rice Bowl</b> 🌱 <b>*Cilantro Lime Rice</b> 🌱 <b>*Red Beans</b> 🌱 <b>*Mexican Street Corn</b> 🌱 Sour Raisins 🌱</p>	<p>Macaroni &amp; Ham Casserole Baja Bean Burrito 🌱 French Fries 🌱 <b>NEW! Cabbage &amp; Potatoes</b> 🌱 Grapes 🌱 Triple Chocolate Cookie 🌱</p>	<p>Chicken &amp; Broccoli Alfredo Hummus Plate 🌱 Breadstick 🌱 Breaded Okra 🌱 Cucumber Tomato Salad 🌱 Fruited Gelatin 🌱</p>	<p>Mandarin Chicken &amp; Roll <b>*Rice Bowl</b> 🌱 <b>*Steamed Rice</b> 🌱 <b>*Lima Beans</b> 🌱 <b>*Teriyaki Vegetables</b> 🌱 Banana 🌱</p>
<p>WEEK 5 Oct. 25-29</p>	<p>Oven-Fried Chicken <b>*Rice Bowl</b> 🌱 <b>*Savannah Red Rice</b> 🌱 <b>*Black-Eyed Peas</b> 🌱 <b>*Collard Greens</b> 🌱 Melon Medley 🌱</p>	<p>Meatball Power Bowl Yogurt, Cheese, &amp; Fruit Plate 🌱 Sautéed Mushrooms 🌱 Onion Rings 🌱 Apple Slices 🌱 Rice Krispy Treat 🌱</p>	<p>Buffalo Chicken Dip &amp; Chips PBJ Sandwich 🌱 Garlic Toast 🌱 Sun Splash Juice 🌱 Mixed Vegetables 🌱 Grapefruit Wedges 🌱</p>	<p>BBQ Sandwich Macaroni &amp; Trees 🌱 Baked Beans 🌱 Corn on the Cob 🌱 Pumpkin Spice Applesauce 🌱</p>	<p>Pizza 🌱 Fish Sandwich Sweet Potato Puffs 🌱 Buffalo Cauliflower 🌱 Halloween Italian Ice 🌱</p>