



School Information:

Nation School Lunch week October 9th – 13th!



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday
 Chicken Biscuits, pancake On a stick, Mixed Cereal bar, Assorted Cereal, Whole Apples, Mixed Fruit, Assortment of Milk, Apple Juice, Orange Juice, and Grape Juice.

Sausage Biscuits, Fresh Scrambled Eggs, Mixed Cereal Bars, Assorted Cereal, Whole Apples, Mandarin Oranges, Assorted Milk, Apple Juice, Orange Juice, and Grape Juice

Chicken Biscuits, Fresh Scrambled Eggs, Mixed Cereal Bars, Assorted Cereals, Whole Apples, Sliced Peaches, Assorted Milks, Apple Juice, Orange Juice, and Grape Juice.

Chicken Biscuits, pancake On a stick, Mixed Cereal bar, Assorted Cereal, Whole Apples, Mixed Fruit, Assortment of Milk, Apple Juice, Orange Juice, and Grape Juice

Sausage Biscuits, Fresh Scrambled Eggs, Mixed Cereal Bars, Assorted Cereal, Whole Apples, Mandarin Oranges, Assorted Milk, Apple Juice, Orange Juice, and Grape Juice

Tuesday
 Sausage Biscuits, Blueberry Muffins, Mixed Cereal bars, Assorted Cereals, Whole Oranges, Pineapple , Assorted Milks, Apple juice, Orange Juice, And Grape Juice.

Chicken Biscuits, Grits With butter, Mixed Cereal Bar, Assorted Cereal, Fresh Whole Oranges, Mixed Fruit, Assorted Milk, Apple Juice, Orange Juice, and Grape Juice

Sausage Biscuits, French Toast with Syrup, Mixed Cereal Bars, Assorted Cereals, Whole Oranges, Mixed Fruit, Assorted Milks, Apple Juice, Oranges Juice, and Grape Juice

Sausage Biscuits, Blueberry Muffins, Mixed Cereal bars, Assorted Cereals, Whole Oranges, Pineapple , Assorted Milks, Apple juice, Orange Juice, And Grape Juice.

Chicken Biscuits, Grits With butter, Mixed Cereal Bar, Assorted Cereal, Fresh Whole Oranges, Mixed Fruit, Assorted Milk, Apple Juice, Orange Juice, and Grape Juice

Wednesday
 Chicken Biscuits, French Toast with syrup, Mixed Cereal bars, Assorted Cereals, Whole Apples, Mandarin Oranges, Assorted Milks, Apple Juice, Orange juice, and Grape Juice

Sausage Biscuits, Oatmeal With cranberries, Mixed Cereal Bars, Assorted Cereal, Fresh Whole Apples, Sliced Peaches, Assorted Milk, Apple Juice, Orange Juice and Grape Juice.

Chicken Biscuits, Cinnamon Rolls, Mixed Cereal Bars, Assorted Cereals, Whole Apples, Fresh Pineapple, Assorted Milks, Apple Juice, Orange Juice, And Grape Juice.

Chicken Biscuits, French Toast with syrup, Mixed Cereal bars, Assorted Cereals, Whole Apples, Mandarin Oranges, Assorted Milks, Apple Juice, Orange juice, and Grape Juice

Thursday
 Sausage Biscuits, Fresh Scrambled eggs, Mixed Cereal bars, Assorted Cereals, Whole Oranges, Sliced Peaches Assorted Milks, Apple Juice, Orange Juice, and Grape Juice

Chicken Biscuits, Fresh Scrambled Eggs, Mixed Cereal Bars, Assorted Cereal, Whole Oranges, Sliced Pineapple, Assorted Milks, Apple Juice, Orange Juice, and Grape Juice.

Sausage Biscuits, Pancake On a Stick with syrup, Mixed Cereal Bars, Assorted Cereal, Whole oranges, Mixed Fruit, Assorted Milks, Apple Juice, Orange Juice and Grape Juice.

Sausage Biscuits, Fresh Scrambled eggs, Mixed Cereal bars, Assorted Cereals, Whole Oranges, Sliced Peaches Assorted Milks, Apple Juice, Orange Juice, and Grape Juice

Friday
 Chicken Biscuits, Cinnamon Rolls, Mixed Cereal Bars, Assorted Cereals, Whole Apples, Mixed Fruit Cocktail, Assorted Milks, Apple Juice, Orange Juice, and Grape Juice

Sausage Biscuits, French Toast with Syrup, Mixed Cereal Bars, Assorted Cereal, Whole Apples, Mandarin Oranges, Assorted Milks, Apple Juice, Orange Juice and Grape Juice.

Chicken Biscuits, Grits, Mixed Cereal Bars, Assorted Cereal, Whole Apples, Mandarin Oranges, Assorted Milks, Apple Juice, Orange Juice, And Grape Juice.

Chicken Biscuits, Cinnamon Rolls, Mixed Cereal Bars, Assorted Cereals, Whole Apples, Mixed Fruit Cocktail, Assorted Milks, Apple Juice, Orange Juice, and Grape Juice



October 2017

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Monday

Tuesday

Wednesday

Thursday

Friday

