OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
28 Citrus Herb Chicken Glazed Carrots Fries Hamburger	29 Beef Lasagna Green Beans Broccoli Bites Yeast Roll Crispy Chicken Sandwich	30 Italian Roasted Chicken Steamed Broccoli Corn on Cob Pizza	1 Hamburger Steak Lima Beans Seasoned Pasta Corn Dog	2 Fried Chicken Mac & Cheese Green Beans Nachos w/Cheese Sauce Hot Dog
5 Honey Ginger Chicken Broccoli & Cheese Fries Hamburger	6 Chicken Stir Fry Broccoli Bites Egg Roll Chicken Nuggets	7 Chicken Spaghetti WK Corn Blackeye Peas Pizza	8 Chicken & Dumplings Yellow Rice Italian Green Beans Chicken Tenders	9 Pulled Pork Sandwich Baked Beans Sweet Potato Fries Pretzel Bits w/ Chz Sauce Hot Dogs
12 FALL BREAK	13 Chicken/Beef Taco Corn on Cob Fries Cinnamon Chips Crispy Chicken Sandwich	14 Baked Spaghetti Broccoli Pearl Rice Grilled Cheese Pizza	15 Ravioli Green Beans Fried Okra Yeast Roll Chicken Nuggets	16 Sweet & Sour Chicken Steamed Rice Egg Roll Corn Dog
19 Chicken Quesadilla Sweet Peas Fries Hamburger	20 Chicken & Rice Lima Beans Roll Corn Nuggets Chicken Tenders	21 Breakfast Day Sausage Link Sliced Ham Cheese Grits / Eggs French Toast sticks	22 Chicken Fajita Steamed Rice Egg Roll Tots Pizza	23 Fried Fish Steamed Fried Rice Cheese Grits / Baked Beans Cole Slaw Popcorn Shrimp

Valiant Fit Healthy Entrée: RED ***Valiant Fit Healthy Sides: GREEN*** ***Fast Food Option: BLUE***

Ham Subs, Turkey Subs, Peanut Butter & Jelly Sandwiches, Pre-made Salads, and Fruit Bowls made fresh daily and available each day. Chips & Gogurt also available daily as a side option.