



Muscogee County School District

School Nutrition Program



October 2017 Middle School Menu

October is Farm to School Month
Look for Georgia Grown Apples All Month Long

National School Lunch Week (NSLW)
October 9th-13th

Look for the School Lunch Chef's Hat symbol on this month's menu and try a **NEW RECIPE**



Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
2	3	4	5	6	(M) Pancakes & Sausage (T) Breakfast Pizza (W) Cinnamon Roll w/ Smoothies or Parfaits (Th) Pancake Sandwich (F) Biscuit Variety
1. Chicken Sandwich 2. Spaghetti w/ Meat sauce	1. Chili Dog 2. BBQ Sandwich	1. Buffalo Chicken Sandwich 2. Salisbury Steak w/ Gravy & Brown Rice	1. Corn Dog 2. Baked or Oven Fried Chicken Mac n' Cheese	1. Popcorn Chicken w/ Roll 2. Pepperoni or Cheese Pizza	
9	10	11	12	13	(T) Breakfast Pizza (W) Cinnamon Roll w/ Smoothies or Parfaits (Th) Pancake Sandwich (F) Biscuit Variety
NO SCHOOL	1. Loaded Nachos 2. Chicken Enchiladas Salsa & Sour Cream 	1. Buffalo Chicken Sandwich 2. Breakfast for Lunch: Pancakes, Eggs, & Sausage	1. Corn Dog 2. Baked or Oven Fried Chicken Cornbread	1. Pepperoni or Cheese Pizza 2. Chicken Parmesan Sandwich 	
16	17	18	19	20	(M) Pancakes & Sausage (T) Breakfast Pizza (W) Cinnamon Roll w/ Smoothie or Parfait (Th) Pancake Sandwich (F) Biscuit Variety
1. Chicken Stir-Fry w/ Egg Roll & Asian Rice 2. Hamburger	1. Chili Dog 2. BBQ Sandwich	1. Dill Chicken Sandwich 2. Chili w/ Cornbread	1. Corn Dog 2. Baked or Oven Fried Chicken Mac n' Cheese	1. Pepperoni or Cheese Pizza 2. Sloppy Joe	
23	24	25	26	27	(M) Pancake on a Stick (T) Breakfast Pizza (W) Cinnamon Roll w/ Smoothie or Parfait (Th) Pancake Sandwich (F) Biscuit Variety
1. Hamburger 2. General Tso's Chicken w/ Egg Roll & Asian Rice	1. Nachos 2. Chicken Quesadilla w/ Salsa & Sour Cream	1. Dill Chicken Sandwich 2. Spaghetti w/ Meat sauce	1. Corn Dog 2. Baked or Oven Fried Chicken Cornbread	1. Boneless Buffalo Bites 2. Pepperoni or Cheese Pizza	

Offered Daily: Assorted Fresh Fruits, Vegetables, Fruit Juices, & Milk Choices	* Alternate Entrees That May Be Available *	* Breakfast Choices That May Be Available *
	PB&J Deli Sandwich or Wrap Turkey, Tuna, Chicken or Ham Chef Salads Fruit and Yogurt Plate	Milk, Juice, Assorted Cereals, Toast, Cereal Bar, Graham Crackers, Bagel w/ Cream Cheese, Muffins, Kellogg's Whole Grain Pop Tarts Manager's Choice: Offer Grits, Cinnamon Toast, or Oatmeal Daily
	" This Institution is an Equal Opportunity Provider "	