

Make the healthy, economical choice!

Students eat **FREE**  
for Breakfast and Lunch

# OCTOBER 2021

## K – 12<sup>th</sup> Grade

AVAILABLE DAILY:  
Variety of Milk with Breakfast and Lunch  
Juice offered with Breakfast  
Breakfast Meal Choice:  
Cereal, Toast, & Fruit

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### **BREAKFAST**

Breakfast Pizza  
Fruit

#### **LUNCH**

BBQ Rib Sandwich  
Sweet Potato Fries  
Green Beans  
Fruit  
OR Chicken Sandwich

4

#### **BREAKFAST**

Cinnamon Bun  
Fruit

#### **LUNCH**

Chicken Nuggets  
Mashed Potatoes  
Peas & Carrots  
Fruit  
OR Corn Dog

5

#### **BREAKFAST**

Grits, Sausage Toast  
Fruit

#### **LUNCH**

Pig in a Blanket  
Baked Beans  
Broccoli w/ Cheese  
Fruit  
OR Pepperoni Pizza

6

#### **BREAKFAST**

Ham & Cheese Biscuit  
Fruit

#### **LUNCH**

Pancakes and Sausage  
Tomatoes  
Hashbrown's  
Fruit  
OR Cheeseburger

7

#### **BREAKFAST**

Pancakes & Sausage  
Fruit

#### **LUNCH**

Nachos  
Mexican Beans  
Buttered Corn  
Fruit  
OR Corn Dog

1

#### **BREAKFAST**

Pancakes/Sausage Stick  
Fruit

#### **LUNCH**

Salisbury Steak  
Mashed Potatoes  
Green Beans  
Fruit  
OR Chicken Sandwich

11

#### **BREAKFAST**

Sausage Biscuit  
Fruit

#### **LUNCH**

Taco's  
Mexican Rice  
Pinto Beans  
Fruit  
OR Easy Jammer Lunchable Box

12

#### **BREAKFAST**

Scrambled Eggs, Ham, & Toast  
Fruit

#### **LUNCH**

BBQ Pork Nachos  
Cole Slaw  
Black Bean Salad  
Fruit  
OR Pepperoni Pizza

13

#### **BREAKFAST**

Breakfast Pizza  
Fruit

#### **LUNCH**

Philly Chicken Sandwich  
Sweet Potato Fries  
Lima Beans  
Fruit  
OR Cheeseburger

14

#### **BREAKFAST**

Chicken Biscuit  
Fruit

#### **LUNCH**

Pepperoni Pizza  
Garden Salad  
French Fries  
Fruit  
OR Corn Dog

15

#### **BREAKFAST**

Breakfast Bagel  
Fruit

#### **LUNCH**

Spaghetti  
Buttered Corn  
Garden Salad  
Fruit  
OR Chicken Sandwich

18

#### **BREAKFAST**

Muffin & Yogurt  
Fruit

#### **LUNCH**

Cheese Sticks w/ dipping sauce  
Baby Carrots  
Buttered Broccoli  
Fruit  
OR Easy Jammer Lunchable Box

19

#### **BREAKFAST**

French Toast & Sausage  
Fruit

#### **LUNCH**

Chicken Tetrizzini  
Sweet Peas  
Buttered Carrots  
Fruit  
OR Pepperoni Pizza

20

#### **BREAKFAST**

Ham & Cheese Biscuit  
Fruit

#### **LUNCH**

Country Fried Steak  
Mashed Potatoes  
Lima Beans  
Fruit  
OR Cheeseburger

21

#### **BREAKFAST**

Grits, Sausage, Toast  
Fruit

#### **LUNCH**

Chicken Sandwich  
Potato Wedges  
Mixed Vegetables  
Fruit  
OR Corn Dog

22

#### **BREAKFAST**

Chicken Biscuit  
Fruit

#### **LUNCH**

Beef Taco Salad  
Mexican Beans  
Buttered Corn  
Fruit  
OR Chicken Sandwich

25

#### **BREAKFAST**

Pancakes & Sausage  
Fruit

#### **LUNCH**

Cheeseburger  
Tater Tots  
Buttered Broccoli  
Fruit  
OR Easy Jammer Lunchable Box

26

#### **BREAKFAST**

Sausage Biscuit  
Fruit

#### **LUNCH**

Chicken and Cheese Quesadilla  
Garden Salad  
Buttered Corn  
Fruit  
OR Pepperoni Pizza

27

#### **BREAKFAST**

Breakfast Pizza  
Fruit

#### **LUNCH**

Beef-A-Roni  
Buttered Carrots  
Green Beans  
Fruit  
OR Cheeseburger

28

#### **BREAKFAST**

Ham & Cheese Slider  
Fruit

#### **LUNCH**

Chicken Nuggets  
Mashed Potatoes  
Lima Beans  
Fruit  
OR Corn Dog

29

Online: Add money to your child's account, check their balance, and apply for free/reduced priced meals at [www.paypams.com](http://www.paypams.com)

Menu is subject to change due to Food Delivery/Availability

