

**MINGO COUNTY SCHOOLS – CHILD NUTRITION  
HIGH SCHOOL BREAKFAST/LUNCH MENU  
OCTOBER 2017**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>2 Bagel w/Cream Cheese/ Wowbutter/Jelly Fruit &amp; Juice ----- <b>Cheeseburger on WG Bun</b> Lettuce &amp; Tomato Potato Wedges Pork and Beans Pineapple Tidbits Milk</p>	<p>3 Pancake Sausage on a Stick Fruit &amp; Juice ----- <b>Chicken Teriyaki Nuggets</b> Mashed Potatoes Steamed Peas Cheese Breadstick Peaches Milk Fruit Crisp</p>	<p>4 Chicken Slider Fruit &amp; Juice ----- <b>School Made Pizza</b> Broccoli Parmesan Steamed Corn Yogurt Milk Pears Scooby Bones Pudding Cup</p>	<p>5 Chocolate Muffin Yogurt Fruit &amp; Juice ----- <b>Spaghetti w/ Meat Sauce</b> Caesar Salad w/Croutons Honey Carrot Coins Applesauce WW Hot Roll Milk</p>	<p>6 Egg Biscuit Fruit &amp; Juice ----- <b>Fish Sandwich</b> Macaroni &amp; Cheese Cole Slaw Green Beans Mandarin Oranges Milk Jello with Fruit</p>
<p>9 Breakfast Wrap Fruit or Juice ----- <b>Breaded Chicken on Bun</b> Lettuce/Tomato Red Roasted Potatoes Pork and Beans Peaches Milk Scooby Bones</p>	<p>10 Peaches &amp; Cream Dunkers Fruit &amp; Juice ----- <b>Chili w/ Beans</b> Grilled Cheese Sandwich Caesar Salad Baked Potato w/Margarine Mandarin Oranges Milk</p>	<p>11 Sausage Biscuit Fruit &amp; Juice ----- <b>Flatbread Pizza</b> Green Beans Honey Carrot Coins Yogurt Milk Chex Mix Fruit Cocktail</p>	<p>12 Breakfast Bread Yogurt Fruit &amp; Juice ----- <b>Beefaroni</b> Broccoli Parmesan Steamed Corn WG Hot Roll Applesauce Milk</p>	<p>13 Breakfast Pizza Fruit &amp; Juice ----- <b>Breakfast for Lunch</b> Sausage Eggs Biscuit Warm Apples Diced Potatoes Gravy Salsa Milk WG Toast Jelly</p>
<p>16 Grilled Cheese Fruit &amp; Juice ----- <b>Chicken Fries</b> Potato Wedges California Blend Cheese Breadstick Pears Milk</p>	<p>17 MVP Breakfast &amp; String Cheese Fruit &amp; Juice ----- <b>Steak &amp; Gravy</b> Mashed Potatoes Green Beans WG Hot Roll Peaches Milk</p>	<p>18 Fruit &amp; Yogurt Parfait Chocolate Chex Mix Fruit &amp; Juice ----- <b>French Bread Pizza</b> Steamed Corn Caesar Salad Fruit Cocktail Milk Rice Crispy Bar</p>	<p>19 Berry Muffin w/String Cheese Fruit &amp; Juice ----- <b>Chicken &amp; Noodles</b> Green Beans Honey Carrot Coins Cornbread Pineapple Milk Yogurt</p>	<p>20 Ham &amp; Cheese Croissant Fruit &amp; Juice ----- <b>Tacos/Taco Salad</b> Lettuce, Tomato &amp; Cheese Refried Beans Spanish Rice Salsa Mandarin Oranges Milk</p>
<p>23 <b>Faculty Senate</b></p>	<p>24 Strawberries and Cream Dunkers Fruit &amp; Juice ----- <b>Steak &amp; Cheese Hoagie</b> Lettuce &amp; Tomato Quick Baked Potato Steamed Peas Milk Fruit Cocktail</p>	<p>25 Chicken Biscuit Fruit &amp; Juice ----- <b>Vegetable Beef Soup</b> Grilled Cheese on WG Crackers Fresh Carrots w/Dip Fruit Crisp Milk</p>	<p>26 Breakfast Pastry &amp; String Cheese Fruit &amp; Juice ----- <b>Pepperoni Roll</b> Caesar Salad w/ Croutons Steamed Corn Pears Fruit Juice Bar Milk Yogurt</p>	<p>27 Pancake on a Stick Fruit &amp; Juice ----- <b>Chicken Fajitas</b> Lettuce, Tomato &amp; Cheese Refried Beans Tortilla Chips Salsa Mandarin Oranges Milk</p>
<p>30 Sausage Biscuit Fruit &amp; Juice ----- <b>Pepperoni Pizza</b> Steamed Corn Peas Peaches Milk Rice Crispy Treat</p>	<p>31 Breakfast Pizza Fruit &amp; Juice ----- <b>Hot Dog w/Chili</b> Baked Potato Wedges Baked Beans Peaches Milk Orange Sherbet</p>	<p><b>**** Breakfast choices include fresh fruit, fruit juice, milk, yogurt and cereal.</b></p>	<p><b>**** Lunch choices include milk, fresh fruits and vegetables on the salad bar.</b></p>	

**MENU ITEMS ARE ALWAYS SUBJECT TO AVAILABILITY. "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."**