

# Ware Shoals Elementary-Middle October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 No School	5 No School	6 No School	7 No School	8 No School
				
11 Spaghetti Bake Breadstick <b>Or</b> Yogurt With Graham Crackers <b>Both Come With</b> Garden Salad Tomatoes & Cucumbers Steamed Broccoli Choice of Dressing Pear Halves Pineapple Tidbits *Variety Milk	12 Cheese Sticks with Marinara Sauce Corn Tossed Salad Strawberry Slices Fruit Cocktail Choice of Dressing Variety Milk <b>Or</b> Chef Salad With Ham Choice of Vegetable or Fruit *Variety Milk	13 Corn Dog <b>Or</b> Turkey And Cheese On Bun Seasoned Curly Fries Baked Beans Fresh Orange Slices Sliced Peaches *Variety Milk	14 Chicken Nuggets <b>Or</b> Toasted Cheese Sandwich <b>Both Come With</b> Sweet Waffle Fries Breaded Okra Grapes Apple Half *Variety Milk	15 Country Fried Steak <b>Or</b> Roasted Chicken <b>Both Come With</b> Whole Grain Dinner Roll Chicken Gravy Black-Eyed Peas Creamy Mashed Potatoes Diced Cantaloupe Apple Half *Variety Milk
18 Chicken Philly Sandwich <b>Or</b> Meatball Sub <b>Both Come With</b> Garden Salad Grape Tomatoes Corn On The Cob Onions And Peppers Choice of Dressing Fresh Orange Slices Pear Slices *Variety Milk	19 Hot Dog with Chili on Bun <b>Or</b> Turkey And Cheese On Bun <b>Both Come With</b> Baked Beans Cole Slaw Applesauce Cup Grapes *Variety Milk	20 Cheese Pizza <b>Or</b> Yogurt With Graham Crackers <b>Both Come With</b> Corn Tossed Salad Choice of Dressing Pineapple Tidbits Sliced Peaches *Variety Milk	21 Sausage, Toast And Grits With Cheese <b>Or</b> Toasted Cheese Sandwich On Bun <b>Both Come With</b> Tater Tots Tomato Slices Orange Juice Diced Cantaloupe Grape Jelly *Variety Milk	22 Chili/Bake Potato And A Dinner Roll <b>Or</b> Yogurt With Graham Crackers <b>Both Come With</b> Tossed Salad Broccoli & Cheese Choice of Dressing Apple Half Mandarin Oranges Margarine Cup *Variety Milk
25 Chicken Fajita <b>Or</b> Ham And Cheese On Bun <b>Both Come With</b> Lettuce And Tomato Onions And Peppers Refried Beans Apple Half Pear Slices *Variety Milk	26 Wild Mike's Cheese Bites with Marinara Sauce Corn Tossed Salad Choice of Dressing Applesauce Cup Strawberries And Bananas Variety Milk <b>Or</b> Chef Salad With Ham Choice of Fruit or Vegetable *Variety Milk	27 Chicken Sandwich <b>Or</b> Toasted Cheese Sandwich <b>Both Come With</b> Lettuce And Tomato Cup Potato Chip Carrot Cup With Dip Fruit Cocktail Mandarin Oranges *Variety Milk	28 Chicken Nuggets And A Dinner Roll <b>Or</b> Yogurt With Graham Crackers <b>Both Come With</b> Tater Tots Cucumber Cup With Dip Fresh Orange Slices Pineapple Tidbits Variety Milk	29 Corn Dog <b>Or</b> Turkey And Cheese On Bun Seasoned Curly Fries Cole Slaw Apple Half Sliced Peaches Apple Half *Variety Milk
*Variety Milk offered daily 1% White Milk Fat Free Chocolate Milk Fat Free Strawberry Milk Fat Free Vanilla Milk 				