

# OCTOBER



Choice of Milk and a variety of Fruit & 100% Fruit Juice offered Daily. Condiments are served with appropriate menus.

## Breaking News

### FOOD INDUSTRY: LABOR & RAW MATERIAL SHORTAGES

Due to significant food supply chain shortages, our menu offerings will vary and may not reflect the planned menu.

We appreciate your patience and understanding as we navigate during these unprecedented times.  
- CCBOE CNP

October 4	October 5	October 6	October 7	October 8
<b>BREAKFAST</b> WG Mini Pancakes	<b>BREAKFAST</b> WG Muffin	<b>BREAKFAST</b> WG Cereal Bar	<b>BREAKFAST</b> WG Breakfast Pizza	<b>BREAKFAST</b> WG Sausage Biscuit
<b>LUNCH</b> Chicken Filet Baked Roll Whole Potatoes Peas & Carrots Fruit / Fruit Juice	<b>LUNCH</b> Baked Ham Cornbread Turnip Greens Steamed Rice Gravy Fruit / Fruit Juice	<b>LUNCH</b> Chicken Tenders Baked Roll Baked Beans Potato Rounds Fruit / Fruit Juice	<b>LUNCH</b> Cheesy Meatball Sub Lettuce / Tomato Onion Potato Wedges WG Cookies Fruit / Fruit Juice	<b>LUNCH</b> Cheeseburger Lettuce /Tomato Onion Loaded Baked Potato Fruit / Fruit Juice

October 11	October 12	October 13	October 14	October 15
<p>Happy Columbus Day</p>	<b>BREAKFAST</b> WG Muffin	<b>BREAKFAST</b> WG Pancake	<b>BREAKFAST</b> WG Breakfast Pizza	<b>BREAKFAST</b> WG Sausage Biscuit
	<b>LUNCH</b> Baked Pork Chop Cornbread Blackeye-Peas Steamed Rice Gravy Fruit / Fruit Juice	<b>LUNCH</b> Chicken & Cheese Quesadilla Refried Beans Salad w/ Ranch Corn on Cob Fruit / Fruit Juice	<b>LUNCH</b> Spaghetti w/ Meat Sauce Sliced Bread Garden Salad w/Ranch Green Beans Fruit / Fruit Juice	<b>LUNCH</b> Fish Nuggets Hushuppies California Blend Veg Baked Beans Fruit / Fruit Juice

NATIONAL SCHOOL LUNCH WEEK

Wild about school LUNCH

October 11-15, 2021



# 2021

**10 HEALTH BENEFITS OF PUMPKIN**

- GOOD ZINC SOURCE
- BOOSTS VISION
- HEALTHY HEART
- BOOSTS EYE HEALTH
- LOWER BLOOD PRESSURE
- VITAMIN A: 246%
- VITAMIN C: 19%
- FIBER: 11%
- POTASSIUM: 16%
- COPPER: 14%
- REGULATES BLOOD SUGAR
- ANTI-OXIDANT
- BETTER IMMUNITY
- SLEEP BETTER
- ANTI-CANCER

National Pumpkin Month

This institution is an equal opportunity provider.