



Q: Why do pumpkins do so bad in school?

A: Because they had all their brains scooped out.

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



October 2021
Crenshaw County Schools
This institution is an equal opportunity provider.

DRUG FREE
LOOKS LIKE ME
RED RIBBON WEEK
OCT. 23-31
© NFP
www.redribbon.org

NO BONES ABOUT IT.

Touch the tip of your nose – that’s what bones feel like without calcium. Bones that don’t get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

October 18	October 19	October 20	October 21	October 22
<p>BREAKFAST WG Mini Waffles</p> <p>LUNCH Chicken Alfredo WG Biscuit Steamed Cheesy Broccoli Steamed Rice Fresh Salad</p>	<p>BREAKFAST Yogurt w/ Animal Crackers</p> <p>LUNCH Hamburger Steak WG Roll Creamed Potatoes Brown Gravy Black-eye Peas</p>	<p>BREAKFAST WG Cinnamon Roll</p> <p>LUNCH Pizza Calzone Garden Salad Marinara Dipping Cup Baked Chips</p>	<p>BREAKFAST WG Breakfast Pizza</p> <p>LUNCH Loaded Baked Potato w/Chicken Baked Beans Coleslaw Chocolate Cake</p>	<p>BREAKFAST WG Sausage Biscuit</p> <p>LUNCH Chili Dog Hash Brown Sauerkraut Rice Krispie</p>
October 25	October 26	October 27	October 28	October 29
<p>BREAKFAST WG French Toast</p> <p>LUNCH Chicken Spaghetti WG Sliced Bread Green Baby Lima Beans Roasted Potatoes Fresh Salad Peach Cobbler</p>	<p>BREAKFAST Cheese Omelet Honey Grahams</p> <p>LUNCH Taco Salad w/tortilla chips Lettuce/Tomato/Onion Shredded Cheese Salsa</p>	<p>BREAKFAST WG Pop-Tart</p> <p>LUNCH Steak Nuggets or Country Fried Steak Baked Roll Creamed Potatoes Brown Gravy Green Bean Casserole</p>	<p>BREAKFAST WG Breakfast Pizza</p> <p>LUNCH Chicken Nuggets or Hot Wings (if available) WG Roll California Mixed Veg Scalloped Potatoes</p>	<p>BREAKFAST WG Sausage Biscuit</p> <p>LUNCH Sloppy Joe on WG Bun Macaroni & Cheese Garden Salad Coleslaw Pickle Spear</p>

Supply and Demand

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