

MENU

OCTOBER

VALWOOD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	Baked Ziti Corn Sweet Peas Tater Tots Breadsticks Cheeseburger	1 Breakfast Day Bacon/Sausage Chicken Grits/Eggs Waffles Hashbrown	2 Country Fried Steak Mash Potatoes Mixed Veggies French Fries Garlic Knot Hot Dogs	3 BBQ Chicken Scalloped Potatoes Broccoli Corn Yeast Rolls French Fries Chicken Nuggets
7 Fried Chicken Mac & Cheese Rice Green Beans French Fries Sausage Dog	8 Burrito Bowl /Taco Roll up Chicken/Hamburger Meat Corn/Black Beans Yellow Rice Nacho & Cheese Churro	9 Cheese Pizza Pep Pizza Pasta Bar Mixed Veggies Corn Nuggets French Fries Corn Dogs	10 Meatball w/gravy Mashed potatoes Broccoli Breadsticks French Fries Chicken Nuggets	11 BBQ Riblet Bake Beans Potato Salad/Pasta Salad Fried Okra French Fries Chicken Tenders
14 School Holiday No School	15 Red Sea Soup/Tomato Basil /Toasted Cheese Golden Nuggets/Chicken Nuggets French Fries Fried Okra Hardtack/Breadstick	16 Breakfast Day Bacon/ Sausage Chicken Grits/ Eggs Waffles Hashbrown	17 Brunswick Stew/Shipwreck Stew Rice Broccoli Cornbread Potato Wedges Pizza Roll	18 Popcorn Chicken Fried Fish French Fries Baked Beans Corn Nuggets Yeast Roll Hot Dogs
21 Chicken & Rice Field Peas Mac & Cheese French Fries Breadstick Corn Dogs	22 Taco Salad Corn Yellow Rice Black Beans Cinnamon chips French Fries Chicken Sandwich	23 Cheese Pizza Pep Pizza Pasta Bar Mixed Veggies Corn Nuggets French Fries Corn Dogs	24 Boneless wings BBQ/Garlic Parm. Butter Noodles Rice Mac & Cheese Bites French Fries Cheeseburger	25 Hot Ham & Cheese Corn Nuggets Mixed Veggies French Fries Cheese Sticks Pizza Roll
28 Breakfast Day Bacon/ Sausage Chicken Grits/ Eggs Waffles Hashbrown	29 Chicken Fajita Yellow Rice Black Beans Churro French Fries Walking Taco	30 Conference Day No School	31 Mummy Dogs Slimy Cheeseburgers Funnel Cake Fries Fried Oreos French Fries Corn/ Green Beans	1 Grilled Chicken Sandwich Mixed Veggies Pasta Waffle Fries Yeast Rolls Chicken Nuggets

Celebrate National School Lunch Week with us from October 14-18 and embark on a pirate-themed lunch adventure with daily treasure discoveries.

Fresh Daily Salads
Sub Sandwiches
Yummy Desserts
Peanut Butter and Jelly Sandwiches

