OCTOBER 2019	HAMPTON COUNTY SCHOOL DISTRICT 2			CHILD NUTRITION MENU
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Flappy Fall	1 <u>Breakfast</u> Muffin/ Cheese/100% Fruit Juice/ Milk	2 <u>Breakfast</u> Cereal/ 100% Fruit Juice/ Milk	3 <u>Breakfast</u> Honey Bun/ Fresh Fruit/ Milk	4 <u>Breakfast-</u> Sausage Biscuit/ Juice/ Milk <u>Lunch-</u>
	<u>Lunch</u> Fish on bun/Cole Slaw/ Corn on Cob/ Sliced Peaches/ Fresh Fruit/ Milk	<u>Lunch</u> Pizza/ Toss Salad/ Carrots w/ranch dressing/ Fresh Fruit/ Pineapple chunks/ Milk	<u>Lunch</u> Beef Taco w/ let., tom., & cheese/ Green beans/ Corn/Mandarin Or- anges/ Fresh Fruit/ Milk	Cheeseburger on Bun w/ let., tom., & pickle/Applesauce/ Fresh Fruit/ French Fries/ Sweet Peas/ Milk
7 <u>Breakfast-</u> Honey bun/ Apple/ Milk	8 <u>Breakfast-</u> Breakfast Bagel/ 100% Fruit Juice/ Milk	<b>9</b> <u>Breakfast-</u> Grits/ Eggs/ Sausage Patties/ 100% Fruit	<b>10 <u>Breakfast</u></b> Eggs/ Sausage Patties/ Juice/ Milk	<b>11 <u>Breakfast-</u></b> Pop Tart/ Fresh Fruit/ Milk
<u>Lunch-</u> Bagel pizza/ Tossed Salad/ Green beans/ Pear Halves, Fresh Fruit/ Milk	<u>Lunch</u> Spaghetti w/meat sauce/ Toss Salad/ Mixed Vegs./Garlic bread/ Fresh Fruit/ Sliced Peaches/ Milk	Juice/ Milk <u>Lunch</u> Chicken Nuggets/ Tater Tots/ Carrots/ Pineapple chunks/ Fresh Fruit/ Milk	Lunch-Grilled Cheese Sandwich/ Vegetable Soup/ Celery & Carrot Sticks w/ ranch dressing/ Mandarin Oranges/ Fresh Fruit/ Milk	<u>Lunch</u> Turkey Salad w/ let- tuce/ Celery Sticks w/ ranch/ Corn/ Crackers/ Mixed Fruit/ Fresh Fruit/ Milk
14 COLUMBUS DAY  Breakfast— Muffin/ String Cheese/Fresh Fruit/ Milk  Lunch— Mac & Cheese/Sausage/ Steamed Spinach/ Cabbage/ Mandarin Oranges/ Assorted Fruit/ Milk	15 <u>Breakfast-</u> Breakfast Bagel/ Apple/ Milk <u>Lunch-</u> Fish/ Red Rice/ Green beans/ Sweet peas/ Cornbread/ Jell-O/ Fresh Fruit/ Milk	16 <u>Breakfast</u> Honey Bun/ String Cheese/ Apple/ Milk <u>Lunch</u> Sloppy Joe on Bun/ corn/ Green Beans/ Fresh Fruit/ Applesauce/ Milk	17 <u>Breakfast</u> Egg/ Sausage/ Cheese Toast/ Milk <u>Lunch</u> -Hotdogs, Tater Tots, Sliced Pineapple, Diced Apples, Green beans/ Sweet Peas/ Milk	18 <u>Breakfast</u> Blueberry Pancake/Sausage Patties/ Orange/ Milk <u>Lunch</u> Hamburger/French Fries/ Green Beans/ Mandarin Oranges/ Assorted Fruit/ Milk
21 <u>Breakfast</u> Pancake on a stick/ 100% Fruit Juice/ Milk	22 <u>Breakfast</u> French Toast Stick/Orange/Sausage Link/Milk	23 <u>Breakfast</u> Grits/ Eggs/ Sausage/ Toast/ Juice/ Milk	<b>24</b> <u>Breakfast</u> Cereal/Fresh Fruit/Milk	25 *HALF DAY* Breakfast- Blueberry Pancake/ Sausage
<u>Lunch-</u> McRib on bun/ Broccoli w cheese/ Green beans/ Grapes/ Pineapple Chunks/ Milk	<u>Lunch</u> Chicken Salad/ Celery Sticks w/ ranch dressing/ Sweet Peas/ Applesauce/ Fresh Fruit/ Milk	<u>Lunch</u> BBQ on bun/ Corn on cob/ Baked Beans/ Fresh Fruit/ Applesauce/ Tropical Fruit/ Milk	<u>Lunch-</u> Ham Perlo/ Cab- bage/ Mixed Vegetables/ Jell -O/ Fresh Fruit/ Milk	Link/ 100% Fruit Juice/ Milk <u>Lunch</u> Ham & Cheese Wrap/ Oatmeal Cookie/ Mandarin Oranges/ Fresh Fruit
28 <u>Breakfast</u> — Cheese toast, Sausage Patties, Juice, Milk <u>Lunch</u> - Meatball Sub/ Green Beans/ Mixed Veg/ Pineapple Tidbits/ Fresh Fruit/ Oatmeal	29 <u>Breakfast</u> Pop Tart/100% Fruit Juice/Milk <u>Lunch</u> Chili Dogs/ Fresh Fruit/ Potatoes Wedges/ Mixed Fruit/ Milk	30 <u>Breakfast</u> Chicken Biscuit/ 100% Fruit Juice/ Milk <u>Lunch</u> Teriyaki Chicken/ Fried Rice/ Sweet Peas/ Vegetable Roll/ Jell-O/ Fresh Fruit/	31 *HALF DAY* Breakfast— Cinnamon Glazed Pan- cakes/ Fresh Fruit/ Milk Lunch— Hot dogs/ Chips/ Mandarin Oranges/ Fresh	HALLOWEEN*



Cookie/ Milk

Fruit/ Milk

Milk