

OCTOBER 2024 – LUNCH HIGH SCHOOLS

*Assorted milk and lactose free milk is served daily.
All students in Richmond County eat at no cost.

Offer Vs Serve – Must have 3 different components, at least ½ cup fruit or vegetable. May have meat and grain, 2 veggies, 2 fruits, milk.

This institution is an equal opportunity provider.

The menu is subject to change due to product availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetarian options offered daily *Georgia-grown and locally sourced products and ingredients are offered regularly	1 Hamburger Mac Bake w. Breadstick Yogurt and Muffin Tray Pepperoni Pizza *Seasoned Tomato Slices/Buffalo Cauliflower/Chilled Grapes/Sidekicks Frozen Treats	2 Sweet and Sour Meatballs on Garlic Rice w. Breadstick BBQ Pork Sandwich PBJ Sandwich Baked Beans/Coleslaw/Asst Fresh Fruit/*Blueberry Delight	3 Chili w. Cornbread *Southern Chicken Filet Sandwich Bento Box Baked Potato/Steamed Broccoli/*Harvest of the Month Apples/Chilled Peaches	4 Fish Nuggets w. Roll *Chicken Salad on Croissant Garlic Cheese Pizza Seasoned Fries/Mexican Pickled Carrots/Asst Fresh Fruit; Chilled Fruit Cup/Sugar Cookies
7 *Jerk Chicken Alfredo w. Roll Mighty Meaty Pizza Yogurt and Muffin Tray Crisp Garden Salad/Roasted Baby Carrots/Orange Smiles/Chilled Pears	8 Taco Salad *Kickin' Chicken Sandwich Cheese Quesadilla Steamed Corn/Black Bean Salad/Asst Flavor Applesauce/*Blueberry Cobbler	9 Hot Italian Sub Pimento Cheese Sandwich Mini Chicken Bites w. Roll *Cucumber & Tomato Salad/Crinkle Fries/Asst Fresh Fruit/Strawberry Delight	10 Student Holiday	11 PowerUp Asynchronous Learning Day
14 Student Holiday	15 Student Holiday	16 *Buffalo Chicken Dip w/ Chips Fiesta Flatbread Yogurt and Muffin Tray Sweet Potato Fries/Seasoned Green Beans/Fresh Melon/Asst Flavor Applesauce	17 Baked Spaghetti Bento Box Corny Dog Fresh Veggies w/Dip/ Tater Tots/*Harvest of the Month Apples/Rosy Pears	18 Friday Fish Tacos *Southern Chicken Filet Sandwich PBJ Sandwich Honey Glazed Carrots/Sautéed Cabbage/ Asst Fresh Fruit/Chilled Fruit Cup/Choco Chip Cookie
21 Chicken Teriyaki Bowl Hamburger w. Fixins Zesty Cheese and Chips Popeye's Spinach Salad/Seasoned Corn/Asst Fresh Fruit/Chilled Mixed Fruit	22 Hamburger Mac Bake w. Breadstick Yogurt and Muffin Tray Pepperoni Pizza *Seasoned Tomato Slices/Buffalo Cauliflower/Chilled Grapes/Sidekicks Frozen Treats	23 Sweet and Sour Meatballs on Garlic Rice w. Breadstick BBQ Pork Sandwich PBJ Sandwich Baked Beans/Coleslaw/Asst Fresh Fruit/*Blueberry Delight	24 Chili w. Cornbread *Southern Chicken Filet Sandwich Bento Box Baked Potato/Steamed Broccoli/*Harvest of the Month Apples/Chilled Peaches	25 Fish Nuggets w. Roll *Chicken Salad on Croissant Garlic Cheese Pizza Seasoned Fries/Mexican Pickled Carrots/Asst Fresh Fruit; Chilled Fruit Cup/Sugar Cookies
28 *Jerk Chicken Alfredo w. Roll Mighty Meaty Pizza Yogurt and Muffin Tray Crisp Garden Salad/Roasted Baby Carrots/Orange Smiles/Chilled Pears	29 Taco Salad *Kickin' Chicken Sandwich Cheese Quesadilla Steamed Corn/Black Bean Salad/Asst Flavor Applesauce/*Blueberry Cobbler	30 Hot Italian Sub Pimento Cheese Sandwich Mini Chicken Bites w. Roll *Cucumber & Tomato Salad/Crinkle Fries/Asst Fresh Fruit/Strawberry Delight	31 Country Fried Steak w. Gravy Grilled Cheese Sandwich Texas Taco Fries Squash Casserole/Steamed Broccoli/*Harvest of the Month Apples/Cool Tropic Slush	Learn more about Richmond County's Wellness Policy plans & how to participate at Nutrition Services / Wellness Policy (rcboe.org)

