

## OCTOBER 2025 – LUNCH HIGH SCHOOLS

*All students in Richmond County eat at no cost.*

\*Assorted milk and lactose free milk is served daily.

This institution is an equal opportunity provider.

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.

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	Learn more about Richmond County's Wellness Policy plans & how to participate at <a href="https://rcboe.org">Nutrition Services / Wellness Policy (rcboe.org)</a>	1 Sweet and Sour Meatballs on Garlic Rice w. Breadstick BBQ Pork Sandwich PBJ Sandwich Baked Beans/Coleslaw/Asst Fresh Fruit/*Blueberry Delight	2 Chili w. Cornbread *Southern Chicken Filet Sandwich Bento Box Baked Potato/Steamed Broccoli/*Harvest of the Month Apples/Chilled Peaches	3 Fish Nuggets w. Roll *Chicken Salad on Croissant Garlic Cheese Pizza Seasoned Fries/Mexican Pickled Carrots/Asst Fresh Fruit; Chilled Fruit Cup/Sugar Cookies
6 Baked Penne w/ Roll Mighty Meaty Pizza Yogurt and Muffin Tray Crisp Garden Salad/Roasted Baby Carrots/Orange Smiles/Chilled Pears	7 Taco Salad *Kickin' Chicken Sandwich Cheese Quesadilla Steamed Corn/Black Bean Salad/Asst Flavor Applesauce/*Blueberry Cobbler	8 Hot Italian Sub Manager's Choice Mini Chicken Bites w/ Roll *Cucumber & Tomato Salad/Crinkle Fries/Asst Fresh Fruit/Strawberry Delight	9 <b>POWER UP ASYNCHRONOUS LEARNING DAY</b>	10 <b>TEACHER PLANNING DAY</b>
13 <b>STUDENT/TEACHER FALL BREAK</b>	14 <b>STUDENT/TEACHER FALL BREAK</b>	15 *Buffalo Chicken Dip w/ Chips Fiesta Flatbread Yogurt and Muffin Tray Sweet Potato Fries/Seasoned Green Beans/Fresh Melon/Asst Flavor Applesauce	16 Baked Spaghetti Bento Box Corny Dog Fresh Veggies w/Dip/ Tater Tots/*Harvest of the Month Apples/Rosy Pears	17 Friday Fish Tacos *Southern Chicken Filet Sandwich PBJ Sandwich Honey Glazed Carrots/Sautéed Cabbage/ Asst Fresh Fruit/Chilled Fruit Cup/Choco Chip Cookie
20 Chicken & Rice Casserole Hamburger or Cheeseburger Zesty Cheese and Chips Popeye's Spinach Salad/Seasoned Corn/Asst Fresh Fruit/Chilled Mixed Fruit	21 Fiesta Hamburger Mac Bake Yogurt and Muffin Tray Pepperoni Pizza *Seasoned Tomato Slices/Buffalo Cauliflower/Chilled Grapes/Sidekicks Frozen Treats	22 Sweet and Sour Meatballs on Garlic Rice w. Breadstick BBQ Pork Sandwich PBJ Sandwich Baked Beans/Coleslaw/Asst Fresh Fruit/*Blueberry Delight	23 Chili w. Cornbread *Southern Chicken Filet Sandwich Bento Box Baked Potato/Steamed Broccoli/*Harvest of the Month Apples/Chilled Peaches	24 Fish Nuggets w. Roll *Chicken Salad on Croissant Garlic Cheese Pizza Seasoned Fries/Mexican Pickled Carrots/Asst Fresh Fruit; Chilled Fruit Cup/Sugar Cookies
27 Baked Penne w/ Roll Mighty Meaty Pizza Yogurt and Muffin Tray Crisp Garden Salad/Roasted Baby Carrots/Orange Smiles/Chilled Pears	28 Taco Salad *Kickin' Chicken Sandwich Cheese Quesadilla Steamed Corn/Black Bean Salad/Asst Flavor Applesauce/*Blueberry Cobbler	29 Hot Italian Sub Manager's Choice Mini Chicken Bites w/ Roll *Cucumber & Tomato Salad/Crinkle Fries/Asst Fresh Fruit/Strawberry Delight	30 Country Fried Steak, Gravy w/ Roll Grilled Cheese Sandwich Texas Taco Fries Squash Casserole/Steamed Broccoli/*Harvest of the Month Apples/Cool Tropic Slush	31 Fish Filet Sandwich BBQ Chicken w. Roll PBJ Sandwich Baby Carrots w. Dip/Seasoned Green Beans/Asst Fresh Fruit/Chilled Fruit Cup