



RANDOLPH COUNTY SCHOOLS
CAFETERIA MENU

October

OCTOBER

2017



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| <p>2 Breakfast Wrap</p> <p>Chicken Nuggets Baked Beans Oven Fries Dinner Roll Pears Fresh Fruit/Garden Bar Milk</p> | <p>3 Cereal Bar</p> <p>Pepperoni Roll Macaroni & Cheese Steamed Broccoli Applesauce Fresh Fruit Garden Bar Milk</p> | <p>4 Pop Tarts</p> <p>Pork BBQ Sandwich Coleslaw Corn Strawberry Cups Fresh Fruit Garden Bar Milk</p> | <p>5 Cook's Choice</p> <p>Cook's Choice</p>  | <p>6</p> <p>NO SCHOOL</p>  |
| <p>9 Chocolate Chip Cereal Bar</p> <p>Meatball Hoagie Parsley Potatoes Green Beans Mixed Fruit Fresh Fruit Garden Bar Milk</p>  | <p>10 Blueberry Muffin</p> <p>Salisbury Steak Mashed Potatoes & Gravy Orange Glazed Carrots Dinner Roll Pineapples Fresh Fruit/Garden Bar Milk</p> | <p>11 Waffles</p> <p>Calzone Corn Peach Cup Fresh Fruit Caesar Salad Garden Bar Milk</p> | <p>12 Oatmeal Muffin Square</p> <p>Chicken Fajita & Rice Stir Fry Veggies Refried Beans Strawberries Fresh Fruit Salsa Garden Bar Milk</p> | <p>13 English Muffin/Egg&Cheese Patty</p> <p>Cheeseburger Oven Fries Peas Pears Fresh Fruit Garden Bar Milk</p> |
| <p>16 Nutri-Grain Bar</p> <p>Cheese Pizza Orange Glazed Carrots Peaches Fresh Fruit Caesar Salad Garden Bar Milk</p> | <p>17 Fruit & Yogurt Parfait</p> <p>Meatloaf Mashed Potatoes & Gravy Green Beans Dinner Roll Mandarin Oranges Fresh Fruit/Garden Bar Milk</p> | <p>18 Chex Mix & String Cheese</p> <p>Taco Salad Refried Beans Corn Mixed Fruit Fresh Fruit Garden Bar Milk</p> | <p>19 Scrumptious Coffee Cake</p> <p>Chicken Noodle Soup Grilled Cheese Strawberries Fresh Fruit Garden Bar Milk</p> | <p>20 Cinnamon Rolls</p> <p>Rotini & Meat Sauce California Blend Cheese Bread Stick Pears Fresh Fruit Garden Bar Milk</p> |
| <p>23 Donut</p> <p>Hot Dog w/Chili Coleslaw Oven Fries Mandarin Oranges Fresh Fruit Garden Bar Milk</p> | <p>24 Pop Tart</p> <p>Baked Ham Scalloped Potatoes Great Northern Beans Corn Bread Pineapples Fresh Fruit/Garden Bar Milk</p> | <p>25 Banana Bread</p> <p>Chili w/Crackers Winter Blend Veggies Cheese Bread Stick Pears Fresh Fruit Garden Bar Milk</p> | <p>26 Sausage Biscuit</p> <p>Chicken Fries/Strips Sweet Potato Puffs Dinner Roll Mixed Fruit Green Peppers/Cucumbers Fresh Fruit/Garden Bar Milk</p> | <p>27 Waffles/Cinn Apple Slices</p> <p>Turkey & Cheese Sandwich Broccoli Oven Fries Peaches Fresh Fruit Garden Bar Milk</p> |
| <p>30 Cereal Bar & String Cheese</p> <p>Scrambled Eggs Biscuits & Gravy Sausage Grape Tomatoes/Baby Carrots Warm Cinnamon Apples Fresh Fruit/Garden Bar Milk</p> | <p>31 Pancakes</p> <p>Pepperoni Roll Macaroni & Cheese Steamed Broccoli Applesauce Fresh Fruit Garden Bar Milk</p> |    <p>Milk is served with all meals. Water is available with all meals. Breakfast is served with your choice of cereal or menu item including fresh fruit, juice and milk.</p>  | | |

"This institution is an equal opportunity provider."

MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD & OFFERINGS MAY DIFFER BY SCHOOLS DUE TO USDA GRADE REQUIREMENTS/GUIDELINES

Milk & Water are available with all meals. Breakfast is served with a choice of cereal OR menu item, including juice & Milk!