

OCTOBER 2023

SMS



AVAILABLE DAILY

Daily Breakfast

Assorted Cereal
Yogurt w/ Grahams
Fruit & Fruit Juice Variety

Daily Lunch

PBJ w/ Cheddar Goldfish
Yogurt w/ Cheesestick & Grain
Freshly Made Salads
Assorted Fresh Fruits

Milk Choice

1% Unflavored
FF Chocolate or Strawberry

**Monday
October 2nd**

Breakfast

Asst. Bread Slices

Lunch

Chicken Nuggets
w/ Roll
Fish Nuggets w/ Roll
Open Hearth
Baked Beans
Baby Carrots
Cool Pears

**Tuesday
October 3rd**

Breakfast

Pancake + Sausage
Sandwich

Lunch

Shrimp Poppers
w/ Mac + Cheese
Chicken Cheesesteak
Seasoned Green Beans
Cucumber Veggie Cup
Chilled Mixed Fruit

**Wednesday
October 4th**

Breakfast

Breakfast Bun

Lunch

Max Sticks
w/ Pizza Sauce
Rib BBQ Sandwich
Buttery Corn
Baby Carrots
Juicy Peaches

**Thursday
October 5th**

Breakfast

Pigglesstick

Lunch

Deep Dish Pizza
Hot Ham + Cheese
on Pretzel Bun
Seasoned Broccoli
Red + Green Pepper
Veggie Cup
Pineapple Tidbits

**Friday
October 6th**

Breakfast

Mini Maple Waffles

Lunch

Cheeseburger
Beef Hot Dog on Roll
Potato Smiles
Baby Carrots
Fresh Apple Slices

**World Smile
Day**

**Monday
October 9th**

Breakfast

Blueberry
Crumb Cake

Lunch

Classic Chicken Wings
w/ Roll
Pulled Pork Sandwich
Crispy Potato Wedges
Cucumber Veggie Cup
Juicy Peaches

**Tuesday
October 10th**

Breakfast

Breakfast Bar

Lunch

Meatball Sub
Crispy Fish Sandwich
Sweet Potato Fries
Chipotle Bean Salad
Cool Pears

**Wednesday
October 11th**

Breakfast

Mini
Confetti Pancakes

Lunch

Papa John's Pizza
Cheese Quesadilla
Seasoned Broccoli
Cucumber Veggie Cup
Sidekicks Icy

**Thursday
October 12th**

Breakfast

Pigglesstick

Lunch

French Toast
w/ Stuffed Hashbrown
Breakfast Pizza
Tater Tots
Baby Carrots
Orange Juice

**Friday
October 13th**

**No
School**

**ALL STUDENTS EAT ALL
MEALS AT NO COST
AGAIN THIS YEAR**

**This institution is an equal
opportunity provider.**

National School Lunch Week

**Monday
October 16th**

Breakfast

Asst. Bread Slices

Lunch

Mandarin Orange
Chicken w/ Rice
BBQ Teriyaki
Chicken w/Rice
Bok Choy
w/ Red Peppers
Baby Carrots
Pineapple Tidbits

**Tuesday
October 17th**

Breakfast

Pancake + Sausage
Sandwich

Lunch

Spaghetti
w/ Meat Sauce
w/ Garlic Breadstick
Crispy Chicken
Ranch Wrap
Seasoned Green Beans
Garden Salad w/ Tomatoes
Frozen Fruit Cup

**Wednesday
October 18th**

Breakfast

Breakfast Bun

Lunch

Pizza Crunchers
Turkey + Cheese Sub
Marinated
Vegetable Salad
Baby Carrots
Chilled Mixed Fruit

**Thursday
October 19th**

Breakfast

Pigglegstick

Lunch

Chicken Tenders
w/Roll
Hot Ham + Cheese
on Pretzel Bun
Open Hearth
Baked Beans
Celery Sticks
Applesauce Cups

**Friday
October 20th**

Breakfast

Mini Maple Waffle

Lunch

Shepherd's Pie
w/ Biscuit
Italian Sub
Garden Peas
Cucumber Veggie
Cup
Fresh Apple Slices

**Monday
October 23rd**

Breakfast

Blueberry
Crumb Cake

Lunch

Chicken Sandwich
(Crispy or Spicy)
Pulled Pork
Sandwich
Sweet Potato Fries
Baby Carrots
Applesauce Cups

**Tuesday
October 24th**

Breakfast

Breakfast Bar

Lunch

Philly Cheesesteak
Grilled Cheese
Cucumber Veggie Cup
Crispy Fries
Chilled Mixed Fruit

**Wednesday
October 25th**

Breakfast

Mini
Confetti Pancakes

Lunch

Papa John's Pizza
Buffalo Chicken
Pizza
Glazed Carrots
Fresh Broccoli
Frozen Fruit Cup

**Thursday
October 26th**

Breakfast

Pigglegstick

Lunch

Walking Taco
Chicken Fajitas
Chipotle Bean Salad
Shredded Lettuce +
Diced Tomato Cup
Cool Pears

**Friday
October 27th**

Breakfast

Toasted Pastry

Lunch

Popcorn Chicken
w/ Biscuit
Turkey + Cheese Sub
Fluffy Mashed
Potatoes
Celery Sticks
Warm Cinnamon
Apples

**Monday
October 30th**

**No
School**

**Tuesday
October 31st**

Breakfast

Pancake + Sausage
Sandwich

Lunch

"Bat" Nuggets
w/ Mac + Cheese
Chicken Cheesesteak
Seasoned Green Beans
Cucumber Veggie Cup
EEK Sidekick Icy

Breakfast

Confetti Pancakes

Lunch

Mac Sticks
w/ Pizza Sauce
Fresh Broccoli Fries
Frozen Fruit Cup

**New on-line meal
payments system is
LINQ Connect.**

**Information needed
Student first & last name
Student date of birth**

3 easy steps

1. Register at
<https://linqconnect.com>
2. Confirm Email
3. Sign in

- Make online payment for cafeteria meal accounts
- Remotely monitor meal accounts
- Set up automatic payments
- Set up low balance e-mail message alerts