


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| Chicken Quesadilla with Salsa Green Beans / Mexicali Corn Fruit Parfait Assorted Milk 3 | Ham & Cheese Bake Black-Eyed Peas Turnips / Cornbread Fresh Fruit Assorted Milk 4 | Beef Vegetable Soup ½ P B & J Sandwich Garden Salad Fresh Fruit Assorted Milk 5 | BBQ Chicken Sandwich Coleslaw / Pickle Spear Country Style Beans Fresh Fruit Assorted Milk 6 | Hot Dog Baked Fries Baby Carrots with Dip Banana Pudding Assorted Milk 7 |
| TEACHER IN-SERVICE DAY 10 | Baked Chicken Nuggets Rice & Gravy / Green Beans Wheat Roll / Fruit Cup with Whipped Topping Assorted Milk 11 | Homemade Sloppy Joe Corn on the Cob Sweet Potato Fries Fresh Fruit / Oatmeal Raisin Cookie / Assorted Milk 12 | BBQ Chicken California Mixed Veggies Macaroni and Cheese Cornbread / Fresh Fruit Assorted Milk 13 | Mozzarella Sticks with Marinara Sauce Romaine Salad Fresh Carrot Sticks / Fruit Brownie / Assorted Milk 14 |
| Grilled Chicken Sub with Lettuce and Tomato Baked Chips / Broccoli and Cheese / Peaches N' Cream Assorted Milk 17 | Santa Fe Soup with Cheese and Sour Cream Tortilla Chips Romaine Salad Fresh Fruit / Milk 18 | BBQ Chicken Sliders Corn & Green Bean Casserole Potato Salad Fresh Fruit Assorted Milk 19 | Turkey Tetrazzini Stewed Squash Green Lima Beans Honey Wheat Roll Fresh Fruit / Assorted Milk 20 | Deluxe Hamburger with Lettuce and Tomato Sweet Potato Fries Fruit / Chocolate Cake Assorted Milk 21 |
| Catfish Strips Coleslaw Baked Beans / Hush Puppies Pear Salad Assorted Milk 24 | Homemade Meat Loaf Buttered Rice Green Beans Wheat Roll / Fresh Fruit Assorted Milk 25 | BBQ Chicken Potato Savory Carrots Honey Wheat Roll Fresh Fruit / Assorted Milk 26 | Club Sandwich with Lettuce and Tomato Baked Chips / Kosher Dill Spear / Fresh Fruit Sugar Cookie / Assorted Milk 27 | Oven Baked Pizza Romaine Salad Fresh Carrot Sticks Fruit / Fudge Brownie Assorted Milk 28 |
| Chicken Quesadilla With Salsa Corn Nuggets / Green Beans Fruit / Fall Cake Assorted Milk 31 | <div style="border: 1px solid black; padding: 5px;"> <p>School Information:</p> <ul style="list-style-type: none"> Monday, October 10th – Teacher In-Service Day </div> | | |  |

NUTRITION TIP: Health Benefits of Whole Grain Go Beyond Vitamins and Minerals

- Whole grain provides nutrients such as carbohydrates, B vitamins, minerals, plant sterols, antioxidants, and phytonutrients.
- This is why whole grain may help reduce the risk of many chronic diseases such as heart disease.^{1,2}

Menu may vary due to availability of food.

Equal Opportunity Policy: It is the official policy of Covington County School System that no person shall, on the ground of race, sex, religion, color, creed, national origin, handicap, or age, be excluded from participation in, be denied the benefits of or be subjected to discrimination under any program, activity, or employment. Inquiries of complaints regarding compliance with federal regulations may be directed to Ricky Messick, Covington County Board of Education, 807 C.C. Baker Avenue, Andalusia, AL. 36420, (334) 222-7571.